

Pilates break

Practice Pilates immersed in the landscape of the Lake District with Marina Huxley, a qualified Pilates teacher.



WHAT TO EXPECT

Each session will be tailored specifically to the group:

DAY ONE

3pm

Guest check-in

Arrive as early as you like and make full use of the hotel. We can look after your luggage while you have a treatment, join a lake sports session, explore the grounds, or spend time in Swim Club.

5.30pm

Meet Marina Huxley

A chance to meet your instructor and other guests, familiarise yourself with the programme and ask any questions.

The Living Space

6pm

A welcome evening class

Relax and settle into your surroundings with a gentle class, designed to help you focus inward, ease away any tension in your body and calm your mind.

Glasshouse

From 7.30pm **Dinner** - (to be arranged by guest)

Rampsbeck

DAY TWO

8am

Beginners briefing

If you are new to Pilates, this briefing will help you understand some of the basics before joining the morning energiser class. Marina will talk you through what to expect in your class and demonstrate some of the exercises.

You'll get a chance to try some of them and ask questions before the class.

The briefing will be a combination of observation, discussion and movement.

Glasshouse

8.45am

Morning energiser class

This class is designed to mobilise the body from head to toe, focusing on moving with flow, control and energising you for the day ahead.

Glasshouse

9.45am

Group breakfast *Rampsbeck Restaurant*

- 11.30-1pm **Workshops** (30min each)
Each workshop has a specific focus, you can do as few or as many as you like.
- What is Pilates? The Pilates fundamentals
 - Core focused Pilates for strong abdominals & core stability
 - Healthy hips
- Glasshouse*
- 1pm **Lunch** - (to be arranged by guest)
The Living Space
- 2.30pm **Free time**
Open water swim, stand up paddleboard or kayak session, or make time for a treatment - optional. - (to be arranged by guest)
- 6pm **Relax, lengthen and breathe class**
A gentle class to end the day. We'll be doing some slow movement, stretches and deep breathing, to leave you feeling calm, relaxed and prepared for a peaceful night's sleep.
Glasshouse
- From 7.30pm **Dinner** - (to be arranged by guest)
Rampsbeck
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DAY THREE

- 8.30am **Morning energiser class**
Designed to mobilise the body from head to toe, focusing on moving with flow and control and energising you for the day ahead.
Glasshouse
- 9.30am **Breakfast** *Rampsbeck Restaurant*
- 11am **Check out**
We will look after luggage so you can spend all day with us. Guests can book a treatment, join a lake sports session, or spend time in Swim Club.
- 11.30-1pm **Workshops** (30min each)
Each workshop has a specific focus, you can do as few or as many as you like.
- Toned arms & shoulders
 - The flexible spine
 - Focus on feet
- Glasshouse*
- 1.30pm **Free time**
Open water swim, stand up paddleboard or kayak session, or make time for a treatment - optional. - (to be arranged by guest)