

EXPERIENCE CALENDAR

We put on series of free 'on the house' activities for all our overnight guests to enjoy. We want your stay with us to be a happy and relaxing one with a bit of experience thrown in for good measure.

Maybe you haven't 'done' yoga before or are curious about the point of a 'mindful walk on the beach'. If that's you, don't be shy, join in, we are quite sure you'll find them very happy experiences and might even start you off on a wonderful journey.

What's more, they are all on the house if you are staying over and only £10 if you aren't. Please speak to a member of the team to come along.

MONDAY

8.00am

Pilates
with MJ

5.00pm

**Wine
Tasting**
with Paul

TUESDAY

8.00am

Pilates
with MJ

WEDNESDAY

8.00am

Yoga
with India

5.00pm

**Kitchen
Skills**
with Jamie

THURSDAY

8.00am

Yoga
with Sally

5.00pm

**Wine
Tasting**
with Elise

FRIDAY

8.00am

Yoga
with Louise

SATURDAY

8.00am

Yoga
with India

SUNDAY

8.00am

Yoga
with Louise

Yoga

Put simply it's an ancient form of exercise originating in India that helps with physical, mental and spiritual well-being. It has grown enormously in recent years, providing for some a panacea to the noise and stress of modern life.

Wild Swimming

Means swimming in the great outdoors and in our case the sea. Apart from the obvious physical health benefits there's significant evidence that it's incredibly beneficial for the mind and connects you very literally with nature.

Mindful Walks on the Beach

A guided walk on our beautiful beach will calm your mind as we make you more aware of your surroundings. With the deserted beach as a back drop, this will help you connect with nature and help you feel more present. It's great to unwind and feel deeply relaxed.

Pilates

Pilates is well known for the life changing results it can bring. It improves fitness, mobility, strength and posture — all using your own body weight to create a streamlined silhouette.

60 minutes | FREE for everyone staying with us

If you are not, £10 | reservations@thegallivant.co.uk

the Gallivant

REMEMBER WHEN