THE ART OF LIVING WELL

WELLNESS RETREAT

28 JANUARY – 2 FEBRUARY 2027

SAMPLE ITINERARY

This sample itinerary offers a flavour of what to expect during *The Art of Living Well*. Where sessions are optional, we encourage you to embrace the time to pause, reflect and simply enjoy your surroundings. Timings, sessions and experiences are subject to change.

THURSDAY 28 JANUARY

15:00–18:00 Private check-in and welcome from your Wellness Hosts
18:00 Meet your fellow retreat guests
18:30 Meditation and intention setting
19:30 Hosted welcome dinner

FRIDAY 29 JANUARY

07:00–08:00 Morning stretch for strength
08:30–10:00 Breakfast at leisure
From 09:00 Personal wellness and fitness consultation
12:00–13:00 *Optional* Pilates and movement sessions
13:30–15:00 Lunch at leisure
15:00–16:30 *Optional* Coastal walk
17:00–18:00 *Optional* Evening yoga
18:00–19:30 Dinner at leisure
20:00–21:30 *Optional* Floating sound bath

SATURDAY 30 JANUARY

07:30–08:30 Morning movement*
08:30–10:00 Breakfast at leisure
10:00–13:00 Guided contrast therapy experience in Kohler Waters Spa
13:00–14:00 Lunch in the Spa Café
14:00–15:00 Time for reflection
15:00–17:00 Nutrition workshop with Lucy Miller
18:00–19:30 Group dinner
19:30–21:30 *Optional* The Art of Kintsugi evening activity

SUNDAY 31 JANUARY

07:30–08:30	Morning movement*
08:30–10:00	Breakfast at leisure
10:00–11:30	Longevity workshop with Dr Nicola Conlon
12:00–13:00	Yoga and meditation
13:00–14:00	Lunch
14:00–16:00	Time for reflection and nutrition drop-in with Lucy Miller
18:00–19:30	Group dinner
19:30–21:30	Evening conversation with Lucy Miller and Dr Nichola Conlon

MONDAY 1 FEBRUARY

07:30–08:30	Morning movement*
08:30–10:00	Breakfast at leisure
09:30–12:30	Expert-led wellbeing workshops with Beata Aleksandrowicz / personal spa consultation and treatment*
12:30–13:30	Lunch and time to unwind
14:00–17:00	*Optional* Bollywood dancing
19:00–21:00	Celebration dinner

TUESDAY 2 FEBRUARY

07:30–08:30	Morning movement*
08:30–10:00	Breakfast at leisure
10:00–11:30	Time to reflect on the retreat
12:00	Check-out and departure

Morning Movement*
Start the day in the way that feels right for you. Your personalised itinerary may include a suggested morning activity based on your goals and preferences.

Examples may include:
- 5K coastal run
- Guided morning walk
- Cold-water sea dip
- Strength training
- Yoga
- Swimming

Please note: Your final itinerary will be personalised ahead of your stay, with opportunities to choose the experiences that feel right for you.

OLD COURSE HOTEL
ST ANDREWS