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COTSWOLDS WELLNESS RETREAT

(4 nights/5 days – Luxury Spa)
Corporate Groups

KEY HIGHLIGHTS

Step into the quintessential English countryside where rolling hills meet ancient wisdom and organic living becomes a transformative corporate experience. This 5-day journey through the Cotswold's combines England's most beautiful landscapes with cutting-edge wellness practices, sustainable living workshops and farm-to-table experiences, in one of the world's most picturesque settings.

ITINERARY

Day One– *London's Buzzing Pace to Cotswold Grace*

Upon your arrival at **London Heathrow**, countryside wellness experts will warmly welcome you and escort your group to the heart of **England's most beautiful region**. Settle into the serene surroundings of **Calcot Manor in Tetbury**, a luxury spa hotel known for its organic gardens, **farm-to-table dining**, and restorative countryside views.

After your journey, ease into the retreat with a calming **welcome tea ceremony in the hotel's herb garden**, using botanicals grown on the estate to reconnect you with nature and soothe travel tension.



If time permits, you'll have the option to experience a gentle **forest bathing walk through the ancient Westonbirt Arboretum**, home to one of the world's most celebrated collections of trees and shrubs. Here, a **guided meditation among centuries-old oaks and maples** offers immediate stress relief and a meaningful sense of grounding.



As afternoon turns to evening, indulge in a **signature spa treatment using locally foraged botanicals**, helping you transition fully into countryside calm. Afterwards, gather for a **farm-to-fork dinner**, where estate-grown vegetables and local ingredients are the stars of every dish. During the meal, **professional naturalists** will introduce you to the fascinating healing properties of native English plants — a conversation to nourish both body and mind.

Day Two – *Movement & Mindfulness Awakening the English Countryside Spirit…*



Wake to the peaceful hush of the Cotswolds with a **gentle dawn yoga session in the wildflower meadows**, inviting you to stretch, breathe deeply, and welcome the day ahead. After a wholesome breakfast, set out on **guided nature walks along the famous Cotswold Way**, blending **mindfulness practices with storytelling** as you journey along ancient English footpaths. You'll learn about the rich history, wild herbs, and native wildlife that thrive in this remarkable landscape. In the afternoon, dive into a **wild swimming adventure at hidden natural pools near Malmsbury**, where professional guides ensure a safe, invigorating, and joyful team experience. Prefer a gentler pace? You can opt for **additional forest bathing** or unwind with quiet spa time back at the manor.

Later, your group will gather for a **hands-on cooking class featuring seasonal, local ingredients**. Learn new kitchen skills, discover sustainable culinary practices, and share in the creation of a nourishing feast, celebrating the flavours of the Cotswolds. As twilight settles, take part in an **evening meditation under the stars** in the manor's private grounds. **Expert astronomers** will share fascinating stories of England's ancient skies and constellations, offering you a chance to relax deeply while reconnecting with the natural world above you.

Day Three - *Adventure & Nourishment Cycling Through Sustainable Living.*

Your morning begins with a refreshing **cycle ride through golden-stone Cotswold villages**, offering iconic English countryside views at every turn. With **e-bikes available for all fitness levels**, you'll enjoy a relaxed pace while your local guide shares stories of village life and introduces you to **artisan producers and historic sites** along the way.

Later in the morning, you'll join a **foraging workshop in Cirencester Park**, led by local experts. You'll learn how to safely identify and sustainably harvest England's edible landscape — including plants traditionally used in natural remedies. You'll even create your own teas or tinctures to take home, extending your wellness journey beyond the retreat.



After lunch, spend your afternoon at **Daylesford Organic**, Britain's pioneering organic farm. Participate in **sustainable living workshops** that explore everything from organic farming and nutrition to renewable energy and soil health.

To close the day, unwind in the **thermal spa circuit**, where hydrotherapy treatments using organic products deeply relax your body and mind. In the evening, come together for a **tasting**

dinner featuring locally sourced ingredients, perfectly paired with **natural wines from English vineyards** — a delicious celebration of everything you've explored and tasted.

Day Four – *Restoration, Shared Wisdom & Peak Experiences….*



Greet the day with a **sunrise hike to Coaley Peak**, where panoramic views across the Severn Valley offer a breathtaking space for **reflection and personal intention setting**. This quiet moment in nature allows you to connect with your goals and the wider team in a powerful way.

Back at the manor, enjoy a **hands-on wild food preparation session**, using foraged ingredients from the week. You'll explore the art of **living sustainably through food**, while creating a dish that reflects the landscape around you.

In the afternoon, choose your own path: feel the thrill of a **tree-climbing adventure** if you're seeking physical challenge and playful exploration, or immerse yourself in a **restorative spa day**, giving your body the space to fully unwind.

Later, join your team in the kitchen for a joyful **group cooking session**, preparing your own **farewell feast** with ingredients harvested throughout your stay. This celebratory meal — entirely crafted by your hands — becomes a powerful moment of connection and shared accomplishment.

As night falls, gather around the **fire pit** for an evening of **storytelling, reflection, and live folk music**. Share the insights, shifts, and laughter you've experienced together while local musicians offer a soulful soundtrack to your final night in the Cotswolds.

Day Five - *Integration & London Return Taking Countryside Wisdom Forward…*

Your final morning begins with a gentle **movement and intention-setting session**, designed to help you anchor the week's experiences and carry the countryside's calm and clarity into your daily life.

Afterwards, a nourishing **traditional English breakfast** awaits, featuring manor-grown ingredients to fuel your journey home.

Before you depart, you'll receive a thoughtful **wellness goodie bag**, filled with **organic products from local artisans**, seeds to grow herbs at your workplace, and personal resources to support your ongoing wellbeing journey.

Private transfers return you to London Heathrow Airport, or if you wish, extend your stay to explore more of England's countryside treasures.



These itineraries can be fully customized to focus on specific wellness practices or include additional experiences based on your corporate group's wellness objectives and interests.