

Wellness Calendar

JANUARY 2024

5th
The Wim Hof Method

6th & 7th
Biodynamic Bodywork with Alessandro Mancini

10th
Meridian Massage with Liz Kendall

11th & 12th
The Cycle of Life with Annie Brown

17th
Meridian Massage with Liz Kendall

19th
The Wim Hof Method

25th
Full Moon Celebration (Wolf Moon)
The Cycle of Life with Annie Brown

26th & 27th
Abdominal Therapy with Amanda Porter

28th
Biodynamic Bodywork with Alessandro Mancini

FEBRUARY 2024

8th & 9th
The Cycle of Life with Annie Brown

9th
The Wim Hof Method

14th & 17th
Meridian Massage with Liz Kendall

22nd
The Cycle of Life with Annie Brown

23rd & 24th
Abdominal Therapy with Amanda Porter

24th
Full Moon Celebration (Snow Moon)

29th
Medical Herbalism: Winter Remedies with Jo Dunbar

MARCH 2024

8th & 22nd
The Wim Hof Method

2nd, 9th & 23rd
Meridian Massage with Liz Kendall

7th, 8th, 28th & 29th
The Cycle of Life with Annie Brown

16th & 19th
Spring Equinox

25th
Full Moon Celebration - Worm Moon

APRIL 2024

6th & 7th
The Mindful TCM Journey with James Mutkin

10th
Meridian Massage with Liz Kendall

12th & 13th
Abdominal Therapy with Amanda Porter

19th
The Wim Hof Method

23rd
Full Moon Circle - Pink Moon

24th
Meridian Massage with Liz Kendall



Wellness Calendar

MAY 2024

4th & 5th
The Mindful TCM Journey with James Mutkin

22nd & 25th
Meridian Massage with Liz Kendall

24th
Full Moon Celebration

3rd & 31st
The Wim Hof Method

JUNE 2024

1st & 2nd
The Mindful TCM Journey with James Mutkin

2nd & 28th
The Wim Hof Method

8th, 19th & 22nd
Meridian Massage with Liz Kendall

13th
Foraging for Wild Herbs and Medical Weeds
with Jo Dunbar

14th & 15th
Abdominal Therapy with Amanda Porter

JULY 2024

Enjoy the outdoor pool, court sports,
relaxation areas and our seasonal treatments
throughout July.

AUGUST 2024

8th & 9th
Abdominal Therapy with Amanda Porter

SEPTEMBER 2024

12th
Foraging for Wild Herbs and Medical Weeds
with Jo Dunbar

23rd
Autumn Equinox

OCTOBER 2024

4th & 5th
Abdominal Therapy with Amanda Porter

17th
Full Moon Celebration - Hunters Moon

NOVEMBER 2024

15th
Full Moon Celebration - Beaver Moon

DECEMBER 2024

6th & 7th
Abdominal Therapy with Amanda Porter

15th
Full Moon Celebration - Cold Moon

21st
Winter Solstice

