



Move & Reset

One Day Retreat

Movementum Class (25 minutes)
Healthy Breakfast in The Rosebery
Fitness Assessment (60 minutes)
Personal Functional Training (60 minutes)
Mid-morning Healthy Refuel
Movement Health Session (60 minutes)
Wellness Lunch in The Rosebery
Mandarin Oriental Treatment Time (120 minutes)
Herbal Tea and Juice
Wellness Activity - Discover your Chinese Element
Upon Departure meet with Spa & Wellness Director
Evening Dinner in The Rosebery

Retreat £1,230

To get the most out of your retreat, why not combine with an overnight stay
with the best available room rate