



Restorative Mind & Body One Day Retreat

Online Inner Strength, Outer Strength Consultation

One-on-One Yoga or Pilates (60 minutes)

Healthy Balanced Breakfast at The Rosebery

Movement Health Session (60 minutes)

Mid-morning Healthy Refuel

Wellness Lunch in The Rosebery

Mandarin Oriental Treatment Time (120 minutes)

Herbal Tea and Juice

Upon departure meet with Spa & Wellness Director

Evening Dinner in The Rosebery

Retreat £895

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