

CORPORATE STRATEGY RETREAT ITINERARY

TWO DAYS, ONE NIGHT

9.30am: Arrival in at The Shed, with a seasonal welcome drink & nibbles

10.30am: Session 1 in the Roundhouse

11.30am-11.45am: Coffee Break in the Barn

11.45am-13.15pm: Session 2 in the Roundhouse

13.30am-14.15pm: Lunch in the Shed

14.30am-16.00pm: Session 3 in the Roundhouse

16.30pm: Foraging with botanist Amy Jennings, or guided hike in Glendalough, or another wellness activity

19.00pm: Family style dining at The Shed, with seasonal menus inspired by our home grown produce

21.00pm: Retreat to The Barn for a social gathering of games, music and connection

8.00am: Group Yoga Flow & Pilates in The Roundhouse

9.00am: Breakfast in the Shed, with ingredients to fulfil your appetite and fuel your ideas of the day

10.00am: Session 4 at The Roundhouse

11.00am: Guests check out



**Please note any activity can be swapped for time on site using facilities: sauna, hydropool, cold plunge...*

CORPORATE OFF SITE RETREAT ITINERARY

TWO DAYS, ONE NIGHT

12.30pm: Arrival in at The Shed, with a seasonal welcome drink & nibbles, followed by a produce led, seasonal lunch

14.00pm: Guided Hike in Glendalough

16.00pm: Free time to use Facilities – saunas, cold plunge pools, swim spa & hot tubs

18.30pm: Breathwork & Sound Bath the Roundhouse

19.00pm: Family style dining at The Shed, with seasonal menus inspired by our home grown produce

21.00pm: Retreat to The Barn for a social gathering of games, music and connection

8.00am: Group Yoga Flow & Pilates in The Roundhouse

9.00am: Free time to use Facilities – saunas, cold plunge pools, swim spa & hot tubs

11.00am: Brunch in the Shed, with ingredients to fulfil your appetite and fuel day

11.00am: Guests check out

**Please note we can help you create a bespoke itinerary with wellness activities for your team*

