

The Nixercise RETREAT – a breath of fresh air

Built around the premise of fun, fitness and wellbeing, The Nixercise Retreat: A Breath of Fresh Air is the chance to take some time out and focus on you. Enjoy four days of outdoor training, indoor stretching sessions, relaxing treatments and whole nourishing food while mixing with like-minded companions and staying in luxurious, restful surroundings.

Outline Schedule:

Guests can arrive from 4pm on Monday 2 October, to join an early training and a calming stretching session followed by dinner. On Tuesday and Wednesday, breakfast, lunch and dinner will be taken together, with morning and afternoon training sessions and free time to relax in between. On our departure day, Thursday, there will be an early morning class before we leave after breakfast, by 11am.

Rooms and Prices:

The Farmhouse has ten very comfortable rooms, five of which are ensuite and the other five each share a bathroom. Each of the rooms is well-appointed with either twin beds, a large double (where a camp bed can be requested) and there is one treble dorm, sleeping three. The Nixercise Retreat includes three nights' full board accommodation, all training sessions, mindfulness and use of the facilities. A range of spa treatments is available and payable locally. The cost of the retreat is based on sharing a room – please indicate if you are travelling with a friend, otherwise we will allocate rooms.

Shared bathroom – £550 per person (£495 current Nixercise clients)

Ensuite – £600 per person (£540 current Nixercise clients)

Prices are per person and based on two sharing, including three nights' full board accommodation, all training sessions, mindfulness and use of the facilities. If you would prefer to have your own room please enquire for rates.



Booking:

A non-refundable deposit of £150 per person will secure your place on the retreat. This deposit will be deducted from the final invoice, the balance of which is payable by 17 July.

For enquiries and to reserve your place, please email retreat@nixercise.co.uk