

SUNDAY 10TH- WEDNESDAY 13TH SEPTEMBER 2023 Welcome to Your Supreme Spa Business Retreat!

We are delighted to have you as our guest for this incredible retreat designed specifically for business owners.

Whether you work alone or have a team, this full-day retreat is the perfect opportunity to work on your business while surrounded by like-minded individuals and positive energy.

Your retreat package includes everything you could possibly need for a relaxing and productive experience.

This brochure is designed to give you all the information you need for your 3 night experience, if you have any questions please do not hesitate to contact Natasha.

RETREAT SCHEDULE

3 NIGHTS

SUNDAY 10th SEPTEMBER
BUSINESS WORKSHOP
10-5PM

MONDAY 11TH SEPTEMBER
FULL SPA DAY

TUESDAY 12TH SEPTEMBER
BUSINESS WORKSHOP
10-5PM

WEDNESDAY 13TH SEPTEMBER
CHECKOUT 11AM

Day One

Day 1- Sunday

9:30-10 am Tea, coffee on arrival

10 am - Full day's business workshop starts- working on your business

11:30-11:45 am Tea break

1-2 pm Two-course buffet lunch or working buffet lunch

3 -3:15 pm- Tea break

5 pm Business workshop ends

5 pm-7 pm Check in to room accommodation

Overnight in a Classic Double or Twin Room with ensuite bathroom

7 pm- 9 pm dinner- 3 course meal

You can hit the bar afterwards or enjoy an early night in your room

The whole day will be filled with lots of networking opportunities with 20+ other business owners.

Day Two

Day 2- Monday

Your package includes:

Overnight in a Classic Double or Twin Room with ensuite bathroom

- A welcome smoothie or hot drink accompanied by a light breakfast
- Robe, slippers and towels for the day
- A Bento style lunch or our classic afternoon tea
- A Donnington Valley Gift to take home
- One 55 minute treatment from our list of inclusive options
- Use of the spa facilities for the day between 10am and 5pm.
- Three-course dinner
- Full English /continental breakfast
- Chance to rest & relax away from the business and home life.

Day Three

Day 3- Tuesday

Overnight in a Classic Double or Twin Room with ensuite bathroom

Full English breakfast

9:30-10 am Tea, coffee on arrival

10 am - Full day's business workshop starts- working on your business

11:30-11:45 am Tea break

1–2 pm Two-course buffet lunch or working buffet lunch

3 -3:15 pm- Tea break

5 pm Business workshop ends

5-7 - Free time

7-9 pm Dinner 3 course meal

You can hit the bar afterwards or enjoy an early night in your room

The whole day will be filled with lots of networking opportunities with 20+ other business owners.

The Next Steps

Please note that the schedule maybe subject to change either before the event or on the day, so please be flexible and don't book important calls or meetings during these 3 nights as this is a time to detach from the outside world and truly make the most of the full experience.

Here is a link to fill out a form, so I can get to know you better and set your expectations for this 3 night experience.

If you can fill this out at your earliest convenience https://forms.gle/YCUzaBEk5F4qBDi37

Matashav
The Positive Vision Consultant

What you'll need.

You will need:

- Clothing /props for your mini photo shoot on Sunday please note you'll only have a short window of 20 mins so multiple outfit changes might not work- however a quick top change or layers could work.
- Yoga mat- if you can bring this that would be amazing, however if you will struggle then let me know as we may have spare available.
- Blanket- if you can bring this that would be amazing, however if you will struggle then let me know as we may have spare available.
- Small cushion- this is for your head/ legs when laying down.
- Swim wear
- Footwear for spa- flip flops/sliders
- Pen for notes
- Notebook is optional as you will be provided with workbooks for each day.

Dress code:

For the business workshops wear something that makes you feel fabulous and comfortable, bring layers if you tend to get cold/hot. Remember we will be sitting for most of the day.

We like to get a little fancy in the evening for dinner, so dress like you were going out to dinner with friends.

Spa day - we will be in our robes most of the day so choose something you'll be comfortable in.

Gym- There is a gym so you can bring your gym attire if you want to fit that in.

There are lovely grounds for walking so if you fancy a walk bring a coat and suitable shoes/trainers for walking.

Matashar The Positive Vision Consultant

SPA BUSINESS RETREAT

Location:

Location

Old Oxford Road

Donnington

Newbury

RG14 3AG

01635 551199

general@donningtonvalley.co.uk

Please arrive 9:30am at reception and state you are here for *The Spa Business Retreat* they will direct you to the room we are meeting in. If you are driving make sure to give your car registration.

Terms & Conditions

Please note that all payments are strictly non refundable, this retreat can be transferable to another date as long as the correct notice is given and your space gets filled.

If you cancel up before the event you will lose your space and wont be able to transfer it, unless your space can be filled.

All rooms are single occupancy unless you wanted to bring someone then let me know and I will give you a separate quote.

If you cancel and we cant fill your space these are the cancellation fees:

Cancellation Notice given

Cancellation charges payable by you if we/you cannot fill your space.

More than 24 weeks 10%

12-23 weeks 30%

6-11 weeks 75%

Less than 6 weeks 100%

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