

BlendFit

R E T R E A T S

BECAUSE YOU MATTER

1ST - 4TH MARCH 2004

FAIR OAK FARM, MAYFIELD, EAST SUSSEX, TN20 6RS

Thank you so much for your interest in booking for the first ever exciting event under our new umbrella of BlendFit Retreats! Sarah and I are so excited about welcoming you to Fair Oak Farm in March, and treating to you to the most wonderful weekend in this stunning East Sussex location. We have chosen Fair Oak Farm because of its incredible setting, stunning luxury accommodation and exceptional facilities.

The Farmhouse will be the hub of the retreat, housing the kitchen, dining and lounges. We will gather here at many points throughout the day and you will be greeted by log fires, comfy sofas and a traditional farmhouse kitchen complete with Aga. Group sessions will be held across a variety of beautiful converted barns overlooking some of the rare breed animals that are lucky enough to call Fair Oak Farm their home.

The sleeping accommodation is simply stunning. From tree houses to shepherds huts and even an oast house, everything has been thought of and we have a strong feeling that you won't want to leave on Monday morning! Did we mention the cinema barn and the infra-red sauna?!

OVERVIEW ITINERARY FOR THE WEEKEND

FRIDAY 1ST MARCH

- Arrival at 5pm for tea and cake followed by a BlendFit class.
- Welcome drinks followed by dinner and a fun quiz.

SATURDAY 2ND MARCH

- Breakfast followed by an informal tutorial/workshop session with Sarah
- Off-site activity – paddle boarding
- Free time to enjoy the infra -red sauna, cinema barn and cosy lounges
- Art class – ‘doodling and affirmations’
- Drinks reception followed by a 2 course dinner from outstanding caterers ‘Vittle & Swig’

SUNDAY 3RD MARCH

- Barre class with Sarah followed by breakfast.
- The hike! This will include a surprise stop and have a number of exit points where you can be collected, therefore catering for all levels of ability and stamina
- Soundbath
- Traditional Sunday Roast
- An evening around the fire with hot chocolate, toasted marshmallows, cosy blankets and guest guitarist. Time to relax, share stories and maybe indulge in a little sing song!

MONDAY 4TH MARCH

- Move class with Sarah
- Coffee and goodbyes
- 9am departure with ‘breakfast to go’ for the journey

Please note the schedule is not final and is subject to change without notice.

- Please [click here](#) to see a detailed description and floor plan of each room. Please pay close attention to the bathroom type if you have a strict preference of bath and/or shower. All baths have a shower attached but these do not have wall attachments. You will also notice that some of the rooms have kitchen facilities. If you choose a room without these, there will be a hot & cold drinks station available in The Farmhouse at all times for your convenience.
- Prices include all activities and workshops, all classes and all food and drinks (including wine with meals and Prosecco receptions). The only thing not included is your travel to and from the venue.
- Prices range from £900 to £1250 depending on your choice of accommodation. The prices quoted are per person and are based on single occupancy. If you would like to share a room there is a discount of £100 per person.
- Shared rooms must be arranged by the guest/s. Should the second guest not book, you will be liable for the additional £100. Some rooms are available as a twin if preferred and the Grand Eco Treehouse has 2 separate rooms (the price quoted is for sole occupancy of the entire tree house)

BOOKING CONDITIONS

- A 50%, non-refundable deposit is payable on booking to secure your room. No rooms will be reserved until payment is received.
- Final payment is due by February 1st 2024. Non-payment by this date will result in the release of your room and no refund will be made.

- We reserve the right to cancel the event at any time, in which case full refunds would be made.
- We recommend that you take out your own insurance in case you need to cancel your place due to illness or similar.

WHAT NEXT?

- When you have looked at the detailed descriptions of the rooms and selected your first choice, please email at sam@samanthahipperson.com.
- If you have any questions whatsoever about the rooms then please ask me as I have been in all of them!
- Assuming that your first choice of room is still available, I will respond with an invoice for your deposit and bank details for the payment. Your room will be confirmed as soon as payment is received. We have had a lot of interest in this retreat so you may wish to include a second choice of room.

Please do not hesitate to contact me with any questions regarding the accommodation, itinerary or any other area of the weekend and I will do my best to help. If you would prefer to chat over the phone about something then send me an email with your phone number and I will call you ASAP.

We look forward to hearing from you with your room choice and to welcoming you to Fair Oak Farm in March.

Kindest regards,

Sam & Sarah x

PS – Did we mention the alpacas and the pair of peacocks that also live at Fair Oak Farm?