

BLENDFIT RETREAT

5pm, Friday 27th September - 9am, Monday 30th September 2024

Lapwing Barns, Barrowmoor, Longnor, Buxton SK17 0QS

We are thrilled that you are interested in joining us for a BlendFit Retreat in September.

This is the ultimate countryside getaway - a spacious, yet homely, farmhouse offering rural simplicity and plenty of space to unwind. Situated in a peaceful and secluded location, Lapwing Barns boasts panoramic views across the Peak District.

There are a number of cosy lounges to choose from, where you can relax in front of the fire with a magazine, and a big farmhouse kitchen where delicious and nourishing meals will be prepared for you. Your bedroom will either be in The Main House or The Annexe (as chosen by you) and your classes will take place in The Cow Shed - a beautifully converted space, perfect for you to work up an appetite for the delicious food that will be provided throughout the weekend.

Your itinerary* will consist of:

- A fun welcome activity
- A minimum of 3 fitness classes including Sarah's signature BlendFit class
- A 90 minute technique workshop with Sarah Gorman
- A spectacular hike (approximately 15 km), with adaptations and early exit points to accommodate different abilities and fitness levels
- An exciting, off site, outdoor activity (previous activities have included paddle boarding and raft building). For the September 2024 autumn retreat, the outdoor activity will NOT be water based.
- A guided relaxation session
- A further, non-fitness based, activity
- All food and wines (1/2 bottle wine pp with meals)
- Accommodation as described on your invoice

*Please note that, whilst we will do our utmost to deliver the itinerary provided, activities are subject to change without notice should circumstances dictate.

