



The
Manor Rooms
on the Drewton Estate

Health & Fitness Retreat Evenings

Pilates - Golf - Nutrition - Nordic Walking

£45 per person per retreat

(special introductory price for summer 2019)

For this summer, we are delighted to introduce a series of healthy living and lifestyle retreats in our brand new venue; The Manor Rooms. You will have the opportunity to take part in a sports activity, of your choice, along with the nutrition and lifestyle presentation, on each of the evenings.

- 6.00pm **Reception and introduction with welcome drinks and fruit platters**
6.45pm **A one-hour activity or nutrition presentation**
7.45pm **A one-hour activity or nutrition presentation**
8.45pm **Two-course delicious healthy supper**

Tuesday 21st May

Leonie Pilates - Educating Minds to Strengthen Bodies	James Building a Golfer	Juliet Nutritionist topic - Is there an Optimum Diet?
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Tuesday 18th June

Leonie Pilates - Educating Minds to Strengthen Bodies	Neil Nordic Walking - Full Body Workout, Whatever the Weather!	Nicola Targeted Nutrition for Summer Skin
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Tuesday 16th July

Leonie Pilates - Educating Minds to Strengthen Bodies	Neil Nordic Walking - Full Body Workout, Whatever the Weather!	Juliet Nutrition for Activity and Performance
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Tuesday 20th August

Leonie Pilates - Educating Minds to Strengthen Bodies	James Building a Golfer	Nicola Nutritionist Topic - Top Ten Superfoods
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Limited spaces available on the courses and for each activity.
Upon booking, please stipulate your chosen activity and any specific dietary requirements.

Bookings through **Drewton's Farm Shop** or call **01430 425079**

Full payment is required at the time of booking, which is non-refundable if cancelled within four weeks prior to the event.

Tel: **01430 425079** - Email: info@themanorrooms.co.uk - www.themanorrooms.co.uk
The Manor Rooms, The Drewton Estate, South Cave, Nr Brough, East Yorkshire, HU15 2AG.

Retreat Specialists



Leonie Dykes - BodyMotion Founder

My passion is working with clients to rehabilitate from day to day musculoskeletal aches and pains, illness, spinal conditions, sports-related injuries and neurological conditions using exercise, in particular Pilates.

Pilates - On these retreat nights, you can discover how pilates can enable you to become more mobile, develop core strength and understand body movement.

I am the Founder of BODYMOTION (Pilates/Nutrition/Training/Massage) and LuxPilates Retreats. Trained as a Modern Pilates Practitioner, APPI Rehabilitation Practitioner and Personal Trainer, with further qualifications to enable me to look after your body as best as possible.



James Knibb - BodyMotion Golf

James' background is the performance side of sports. Having previously had to stop a promising sporting career due to injury, James' focus is now on ensuring all athletes work to their optimal performance, whilst importantly avoiding injury.

Through experience and study, James' biomechanics aim is to prevent and/or address any body dysfunction, correct it and ensure, through detailed programming, that current or further dysfunction is then avoided.

Building a Golfer - James will be explaining the concepts that are required to 'build a golfer' which will include a practical test with the group. He can then evaluate any strengths or weaknesses that require attention.



Juliet O'Sullivan - Life & Fork

My name is Juliet O'Sullivan. I am a nutritionist and have worked in the industry for over 10 years. I have a practice in Yorkshire with both face to face and online clients and also work within the film industry with actors for specific roles where body composition is imperative.

Is there an Optimum Diet?

With that many diets and methods out there for the taking, is there an optimum one and if so how do we find it?

Nutrition for Activity and Performance

Should we be eating and supplementing specifically for the sports and activities within ours and our family's lives?



Neil Thompson - Nordic Walking

I am a fully qualified personal fitness trainer specialising in fat loss and body reshaping workouts, strength training, boxing padwork, and Nordic Walking. I have a private gym on the outskirts of South Cave, where I train clients on a 1 to 1 or 2 to 1 basis.

Nordic Walking is a workout which tones the entire body. It burns 46% more calories than ordinary walking and uses 90% of your major muscles so it exercises your upper and lower body. It's also great for the neck and shoulders, and helps improve posture.

You will find it easy on knees and joints and is suitable for all levels. It's a social outdoor activity in the fresh air. Nordic Walking can be tailored to suit different capabilities and injuries.



Nicola Sainty - Nutritional Therapist

I very much look forward to meeting you on these fantastic retreat nights starting off with...

Summer Skin - Find out how to 'feed' the skin from the inside so it looks its best on the outside with a four-point strategy.

Superfoods - Find out my top ten superfoods and why they top my list, with chance to sample on the night!

Outside of retreat workshops, I currently hold private 1-1 consultations in clinic and use a variety of knowledge and modalities to best help clients, including Food Sensitivity Testing by Kinesiology, application of Blood Group Typing, Epigenetic Programmes and Phytobiophysics, approaching everything from a Naturopathic perspective to treat the whole person.

