

## **WORLD WELLNESS WEEKEND 18TH & 19TH SEPTEMBER**



**We would like to share details with you of our programme in support of World Wellness Weekend - we are delighted to announce our event is fully booked. Please do not get in touch if you would like more information or to arrange a press visit.**

**Thermae Bath Spa and our sister property, The Gainsborough Bath Spa, are excited to announce we are participating in World Wellness Weekend 18th and 19th September.**

**As one of the UNESCO 'Great Spa Town of Europe', we are de-**

**lighted to continue our longstanding contribution towards the health and wellbeing of our Guests.**

Explore mind, body and soul with expert teachers including Bex Bridgford, Lana King, Amy Williams MBE and Lucy Stone for a day of mindfulness, wellbeing and a Thermae Welcome 2-hour spa session with use of towel, robe and flip flops.

## Here's our Itinerary for the weekend



**08:00 - Arrival at Thermae Bath Spa**



**08:15 - 09:00 - Aquasana in the Rooftop Pool**

Join Bex Bridgford on Saturday and Lucy Stone on Sunday for this holistic session with stunning views of Bath.

Aquasana includes classic yoga postures combined with gentle tai chi and

invigorating karate moves in that stretch and tone the body, increasing flexibility whilst relieving tension in an energetic and balanced full-body workout.

This class harnesses the healing properties of the waters, leaving you feeling cleansed, rejuvenated and grounded.



## **09:00 - 11:00 - Thermae Welcome (2-hour spa session)**

The New Royal Bath is a fusion of glass, stone, light and water creating a special setting in which to enjoy your spa session with access to two pools, the open-air Rooftop Pool enhanced by air seats and bubbling jets and the

Minerva Bath featuring an invigorating massage jet whirlpool and lazy river, both pools are fed by naturally warm, mineral-rich waters.

Experience our state-of-the-art Wellness Suite with imaginative displays to reflect the spa traditions of the Roman and Georgian periods, and include an Infrared Room, a Celestial Relaxation Room, an invigorating Ice Chamber and Steam Rooms.



## **10:30 - 11:45 – Complimentary juice in the Cross Bath and talk about wellness**

On Saturday, Bex Bridgford will take you through an empowering 15-minute talk on wellness and will answer any questions you may have on the mineral waters of Bath, the Aquasana

session and body wellness.

On Sunday, a representative from Thermae Bath Spa will talk about the historic nature of the Cross Bath and its contribution to the wellness of Bath's residents over the years.



## **11:15 - Meet at The Gainsborough Bath Spa**



## **11:30 - 12:30 Wellness Workout for your Body, Mind & Soul with Lana King**

This workout will take the best of yoga, functional fitness and mindfulness techniques to ensure you feel good from head to toes, inside and out. Lana King will be your teacher on Saturday and

Amy Williams will be your teacher for Sunday.

Starting with a 5-10 minute dynamic warm-up to centre you followed by an integrated session in the beautiful Chapel at the exclusive Gainsborough Bath Spa Hotel finishing with a 10-minute stretch & relaxation.

## **12:30 - 13:45 Free time for lunch**



## **13:45 - Meet at The Gainsborough Bath Spa**



## **14:00 - 16:00 – Yoga and Sound as Medicine for Body**

A wonderful yoga, meditation, and movement class, held in the Chapel, the afternoon session will begin with a short talk 'How we can integrate change and bring choices of wellness into our daily life'.

On Saturday, Lana King and Bex Bridgford will guide you through a gentle yoga practice that allows the body and mind to shift into a state of relaxation. On Sunday, Lucy Stone will accompany you through this practice. Starting with a gentle yoga flow that paves the way into a

guided meditation and crystal bowl Sound Bath. The guided meditation will take place in a restorative position, where you can release any tension and prepare the body to absorb the beauty of the vibration of crystal bowls, which are renowned for their deep healing qualities.

You will leave feeling totally rejuvenated and restored.

## About your Teachers



### **Bex Bridgford**

Bex is an advanced yoga teacher who has trained with some of the top yoga teachers from around the world and is known for her contagious positive energy. Being on her mat makes her feel strong, connected, and calmer, and this is what she wants to share.

Bex's integrative approach weaves together a playful style with deep knowledge of the human body, mind, and spirit, this enables her to connect with her students, and she believes yoga is available to anyone. She loves to turn her hand to anything that is creative and that can benefit and raise your body's vibration, whether it is sound, food, or movement. That is why she loves creating precious gifts for the body, which you will experience on this specialised day retreat.



### **Lana King**

Lana believes in offering a safe space for individuals to connect deeper to themselves, through movement, breathwork, intention and time. Yoga is Lana's sanctuary so she hopes to provide the same for others.

Lana is trained in Forrest Yoga, Yin Yoga, Yoga Nidra, and Vinyasa Yoga. She combines a mixture of philosophical teachings with modern-day movement, trying to make it accessible and enjoyable for the modern

world. Forrest yoga is a modern style of yoga with a holistic approach dealing with the emotional and physical body, its intelligent sequencing along with breathing techniques helps ease everyday tension and shift energy making it perfect to lighten the burdens of 21st-century living.

Lana believes in the magic of holding an open, non-judgmental and safe space for students and clients to move within and allow a well-structured practice to offer an opportunity to connect further with the physical body, mind, emotional and spiritual self.



**"YOGA AND MOVEMENT HAVE THE  
POWER TO CHANGE LIVES AND MY AIM  
*is to offer a practice*  
THAT SUITS EVERY INDIVIDUAL IN  
THEIR JOURNEY. I DO THIS THROUGH INTENTION, PLANNING,  
AND CREATING COMMUNITY. YOGA  
AND MOVEMENT PRESENT LESSONS THAT CAN BE  
TAKEN FAR BEYOND THE MAT." - LANA KING**



## **Amy Williams, MBE**

Amy Williams MBE claimed Team GB's only gold medal at the Vancouver 2010 Winter Olympic Games in the Skeleton. After retiring from the sport in 2012 Amy is now a motivational speaker. Her audience includes schools, businesses, and TV appearances telling her story in

an unlifting and inspiring way.

Now a Mum to two boys, Amy's passion for fitness burns strong, she runs her own personal training business from her home in Bath, helping others achieve their fitness goals.

Amy has recently written a book due to be published shortly aimed at talented athletes to help them achieve the next performance level in their chosen sport.



## **Lucy Stone**

Lucy Stone has over 20 years experience as a yoga teacher, offering a creative, compassionate yoga and meditation experience. Co-founder of The Hive Yoga Studio and founder of YOGADOO and Meditation Rocks.

Lucy's personable and accessible teaching style makes you feel comfortable wherever you are in your yoga and meditation journey with her. Lucy's style specialises in fluid flows and mindful movement, as well as soothing and blissful meditations.

Lucy's teaching helps you to feel even more like yourself, one breath at a time.

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**Please bring with you the following exercise accessories**

- Yoga Mats
- Blankets
- Pillows
- Water bottle

- Wear comfortable clothing
- Swimwear
- Journal (or paper) and a pen