

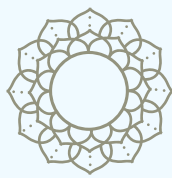
RESTORE & RENEW

Information booklet

Step away from the busy hum of endless responsibilities to fill your cup and refresh your resources

**Friday 29th May 2026
10am-5pm**

**FLÖ SPA & Wellbeing
Lake, Silverstone, Blackpit
MK18 5LJ**



When & Where

Friday

29th May 2026

10am-5pm

FLÖ Spa & Wellbeing

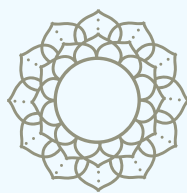
FLÖ SPA & Wellbeing

Lake, Silverstone, Blackpit MK18 5LJ

FLÖ Spa & Wellbeing is a sanctuary hidden in the Stowe woods, where nature and wellness come together.

Nestled in the heart of Buckinghamshire, they offer a serene space for wild swimming, cold water immersion, and relaxation, surrounded by the beauty of fields and woodlands.

Restore & Renew



Step away from the busy hum of life, for a day with your herd, surrounded by trees by the still of a lake. And enjoy a space to come back to you.

We will begin with a growth coaching & facilitation workshop in the yoga studio, finish with a mindful moment on our yoga mats.

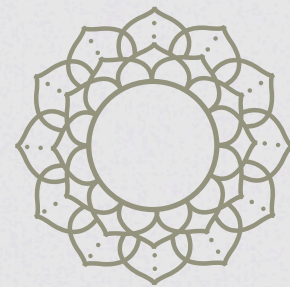
We will break for lunch with a delicious veggie mezze boxes with a hot drink in the café.

And then ready to revitalise & refresh with a dip in the lake, and warm up and integrate in the warming sauna & hot tub.



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Restore & Renew



10am - Arrive, settle in

10:20am - Workshop

12:30pm - Mindful moment and wind down

1pm - Lunch (Veggie Mezze box & hot drink)

2pm - Spa session (cold dip, sauna & hot tub)

5pm - Close





Morning Coaching Workshop

This workshop offers a guided coaching and facilitation space designed to support personal development and growth. Together, we will explore themes that emerge organically from the group's experiences, interests, and areas of focus.

The environment is intentionally created as a safe and supportive space—one that encourages openness, curiosity, and shared exploration. Participants are invited to reflect, contribute, and engage at their own pace, while being supported in identifying and receiving what they need from the experience.

The session will also include a brief mindful practice and group tapping exercise to help integrate insights, reinforce key takeaways, and anchor personal intentions moving forward.

Rather than following a fixed agenda, the workshop remains flexible and responsive, allowing meaningful topics to surface naturally and be explored in a way that is relevant and impactful for those present.

Afternoon Spa in Nature

There is a beautiful balance to be found between exploring our experience through the mental lens, thinking, learning, sense making...

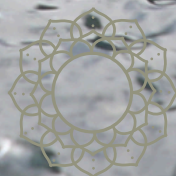
And also allowing the process to unfold by itself.

This requires environments that nurture both. This is why once we have spent time in our coaching workshop, we will head down to the outdoor spa.

Where your mind can rest, digest, connect, and your body can take & process the experience, by getting in touch with nature, sensations, water, and feelings of hot, cold, sun & wind amongst likeminded friends.

The purpose of this day is to find the dance between both. Not getting stuck in either, but creating a pathway between the doing, thinking and being.

To find a bridge to feeling most 'yourself'.



What's provided

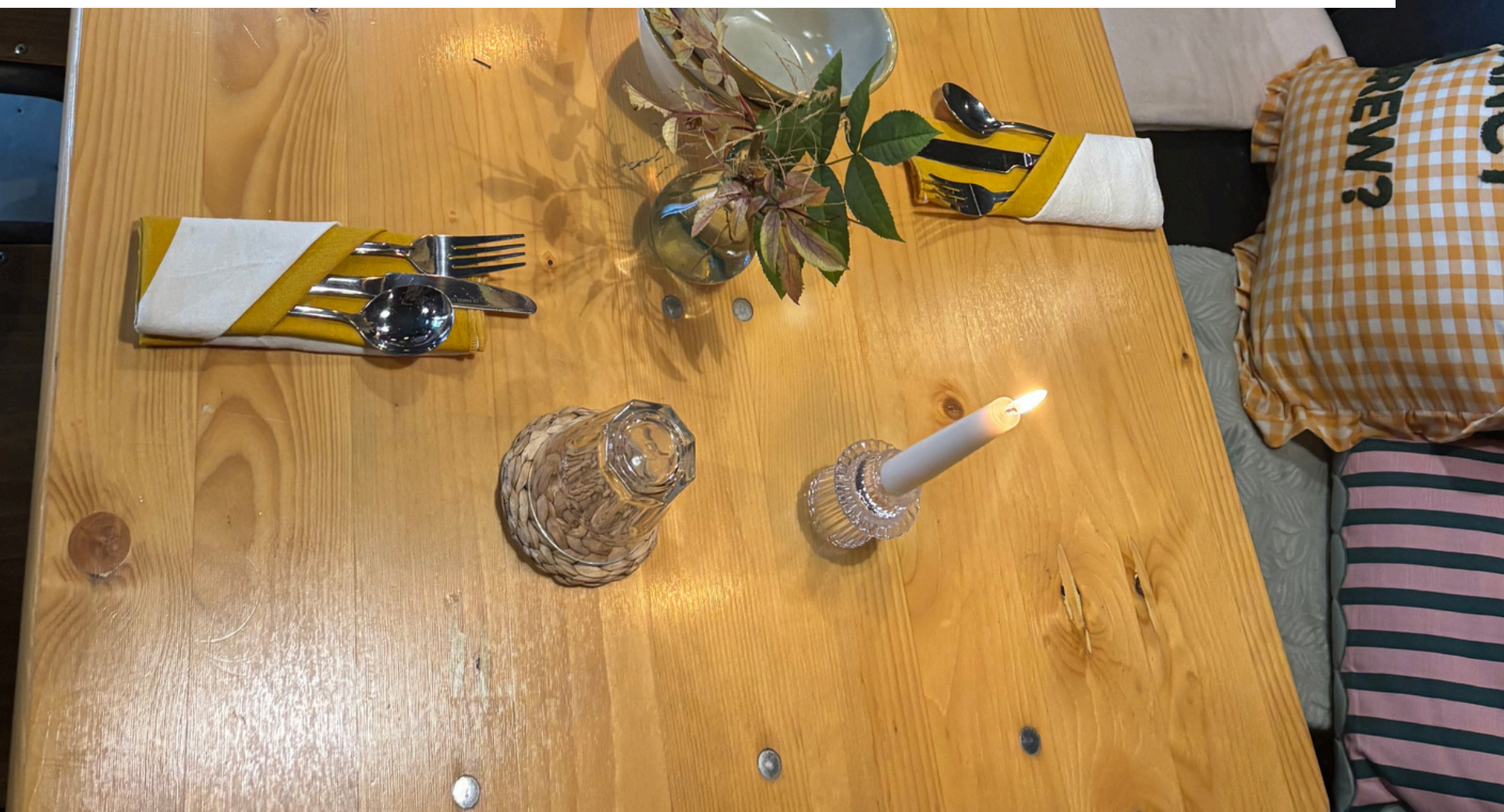
- Yoga mat
- A Veggie Mezze box for lunch
- Hot drinks (tea/coffee/fizz/water)
- All sessions including coaching & outdoor spa
- A robe and towels for your use at the outdoor spa

Lunch

- We will have a nurturing light lunch either at the delightful café, or in the sun outside in nature (weather depending)
- This will be a delicious veggie mezze bowl
- And an elderflower fizz or hot drink

Please let me know if you have any dietary requirements or allergies that need to be taken into consideration.

You are welcome to purchase any extra food or drinks from the café throughout the day



What to bring

For the workshop:

- Notebook & pen

For The Spa:

- A towel
- Crocs, flip flops or sandals to easily move between spa elements
- Toiletries (shampoo, conditioner, shower gel)

Food/Drink

- Any extra snacks (something for the way home)
- Water bottle

Clothing

- Comfy, stretchy clothes for the workshop
- Warm clothes to pop on after your spa experience
- Swimming costume you feel comfortable in

Spa

During our spa afternoon, you will have the freedom to flow between:

- Natural lake, monitored and safe for swimming
- Wood fired Scandinavian sauna
- Wood fired hot tub
- Refreshing Cold plunge pool

There are showers, toilets and changing facilities on site.

Parking

When you arrive at FLÖ Spa, there will be parking outside the main building. If this is full, there are often spaces around the corner.

If you arrive early, the cafe will be open serving delicious hot/cold drinks and snacks. Feel free to fill your cup and chill out before the workshop.

The workshop will take place in the Old Stable Block. This is a left turn under an arch way to a little yoga studio nestled in the middle of an old stable block. I will be mooching around to gather everyone and bring them to the right place.

The background of the top section is a photograph of a clear blue sky with the bare, dark branches of trees in the foreground, suggesting a late autumn or winter setting.

Invitation

Everything in the day will be an invitation. As much as I invite you to challenge yourself, if there is something you do not feel comfortable doing, you can choose to not participate at any time.

The background of the middle section is a photograph of trees with some yellowing leaves, indicating autumn, under a bright sky with a lens flare effect.

Safety

FLÖ Spa take health and safety very seriously. They monitor the pH levels and temperature carefully.

Life guards will also be on duty to watch and care for you during your swim.





Spa Etiquette

Hygiene:

- Sit on a towel (one will be provided) in the sauna for hygiene reasons

Tranquility:

- Mobile free zone
- Mindful of noise levels around other guests

Health & Safety:

- Alert a member of staff if you feel unwell, or if you have any health issues that may be effected by a cold swim.
- Take your time between hot & cold temperature switches
- Complete a liability form prior to your visit (this will be sent to you)

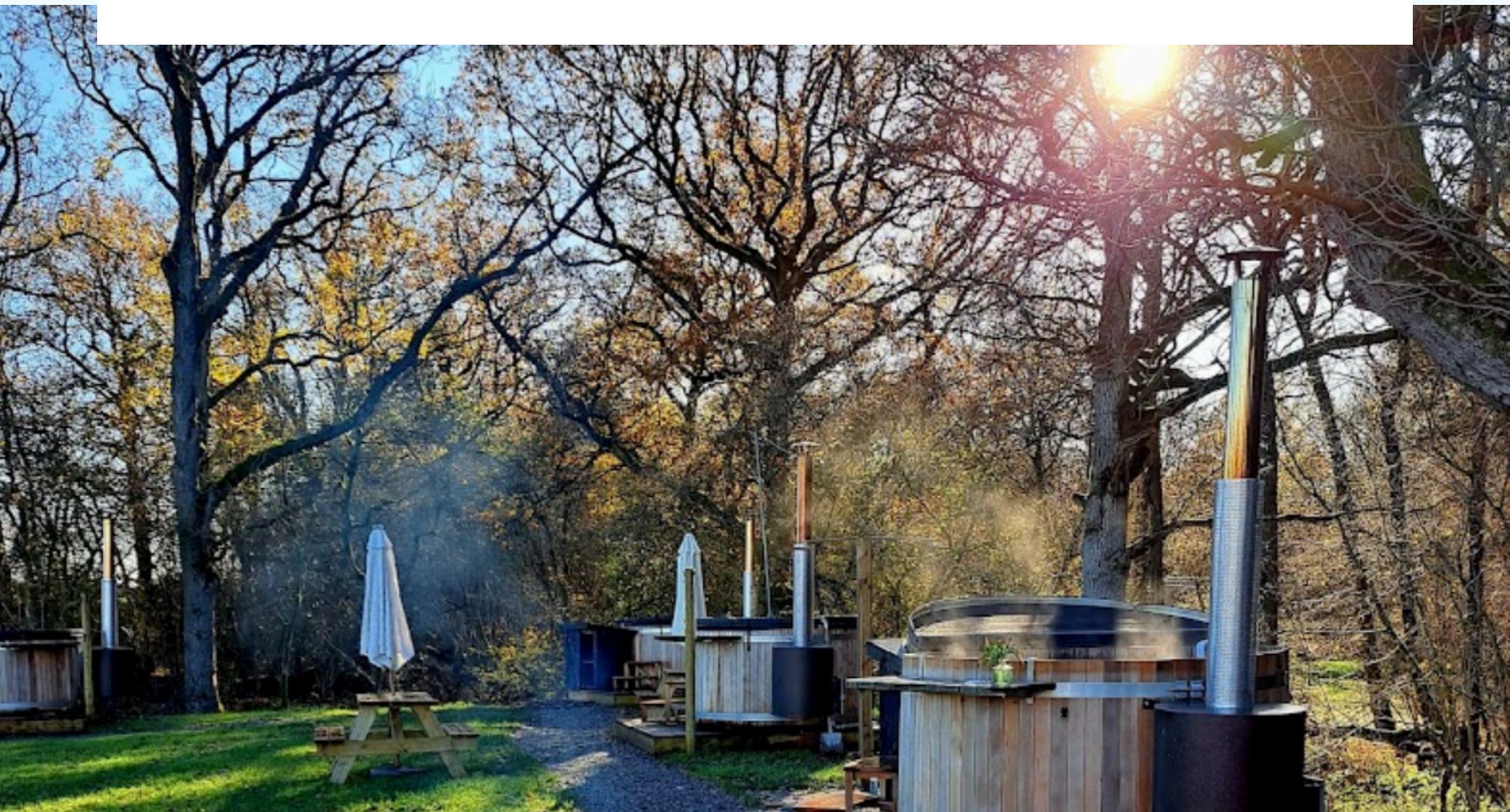


*I look forward to welcoming you
to Restore & Renew*

**Any questions, queries, worries or concerns, don't
hesitate to contact me.**

**Cat: 07515674125
cat@eqrcoach.com**

Venue: 01280 827249



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