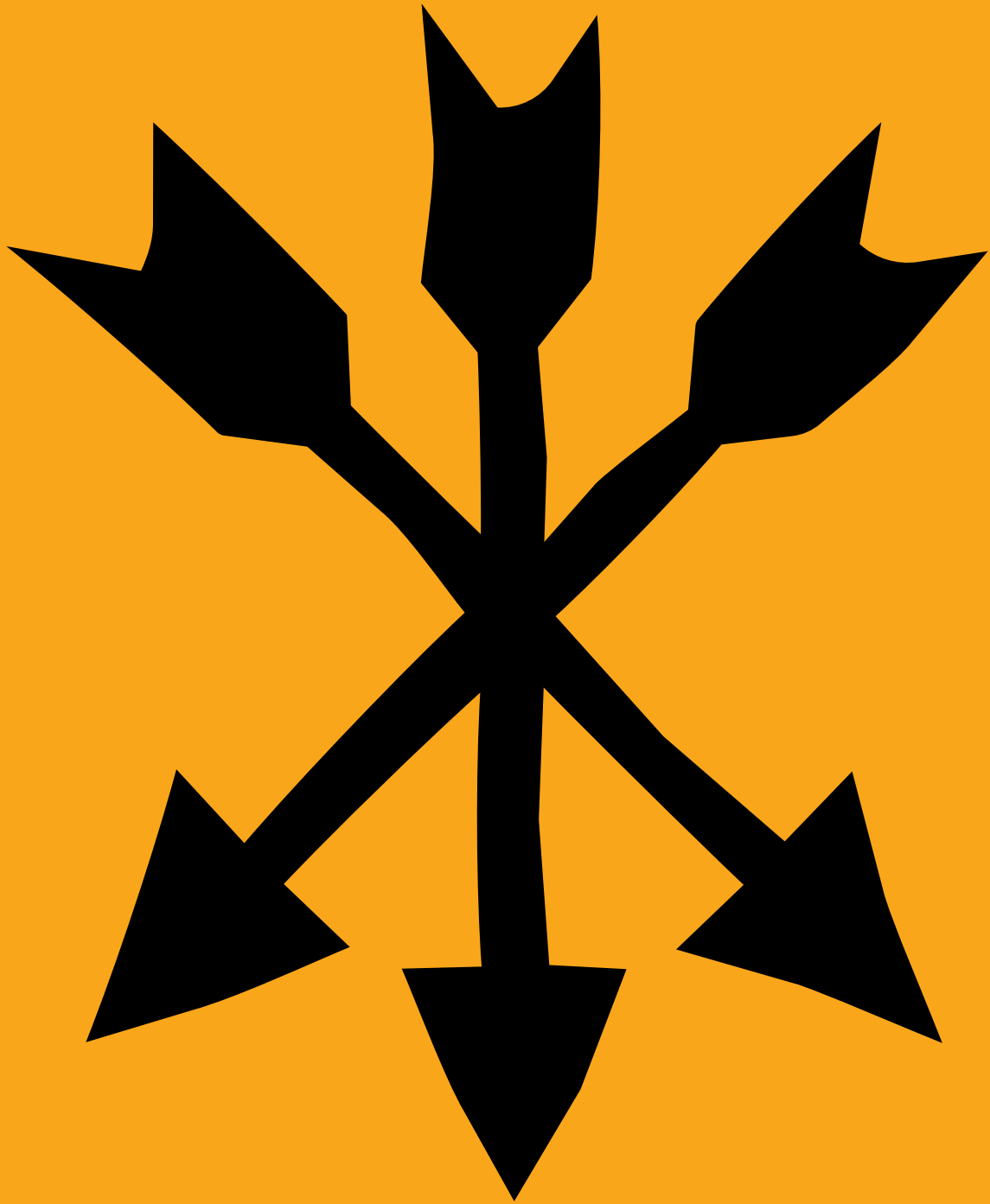


HAMPTON

WELLNESS EXPERIENCES



MANOR

AN ESTATE
DEDICATED TO
IMMERSIVE
EXPERIENCES.





A walled garden, a micro bakery, a manor house, 3 acclaimed restaurants, cookery school, 24 bedrooms, 45 acres of woodland and lawns.

On our Michelin-starred estate, we deliver experiences that engage all the senses.

Our unique context provides the opportunity for you to translate theory into fun, interactive, multi-sensory, eye-opening moments.



DOCTOR SALLY BELL YOUR GUIDE

Dr Sally Bell is our estate's Wellness Director. She is a medical doctor of over 20 years experience that has taken her to refugee camps, inner city estates and corporate boardrooms. She is a regular on BBC radio and delivers the wellness programme for the British Army.

She specialises in personalised healthcare that gets to the roots of stress, fatigue and illness.

With her network of leading professionals and her depth of insight, you have all you need to tailor-make a day of transformation for your team.

Communicating change is a challenge.
Making it stick is another.

How do we do it at Hampton Manor?

We steer away from long keynote speeches. Here, self discovery is a conversation - not just with your mind but with your hands and heart. All our workshops are interactive and we focus on these three ingredients for change:

Purpose

Before change can happen, you need to reconnect within so you can spark everyone's inner drive for transformation.

Play

We believe play is a serious matter. On our sensory estate, we re-ignite your team's creativity and connection through exploration and discovery. No ball games, mud or quad bikes required.

Powerful You

We'll equip your team with the insights and habits to take their health and well being into their own hands.



WORKSHOP SAMPLE MENU

Happy Gut, Happy Mind
Sleep & meditation workshop
Reversing your biological age
The Power of Play
Sound therapy for relaxation
Soulscaping
Strengths Finder coaching
Sourdough workshop
Kombucha making
Foraging
Sleep and essential oil making
Women's health
Mindful movement - how to move in a suit
Purpose for mental health
Heart Maths
Life coaching
Breathwork and stress
Yoga for beginners



SCENE SETTING SPACES

If you're wanting to rewrite an inner story, have you thought about how environment impacts that conversation?

Calm spaces make way for openness.

Inspiration unlocks curiosity and lateral thinking.

Beauty and nature renew self-care.

A cosy sense of home restores togetherness.

We've a scene-setting space for each conversation.



“PERFECTLY
IN TUNE WITH
THE TIMES”

-THE EVENING STANDARD



THE MANOR HOUSE



THE COURTYARD





THE BEDROOMS



MANOR COTTAGE

SMOKE





THE WALLED GARDEN





GRACE & SAVOUR



PRICING

WELLNESS RETREATS



DAY RETREATS

£80pp including daytime drinks,
snacks, lunch and courtyard room hire

Dinner from £67

From £500 per workshop

Minimum spend £2000, excluding
workshops.

OVERNIGHT RETREATS

Up to 24 bedrooms available

Please enquire for pricing

All prices quoted are ex vat.

NEXT STEPS

RECEIVE YOUR QUOTE

Send us an email with your numbers and dates

BOOK YOUR DATE

Book with 25% deposit of your final price

GATHER

Bring your best people together to feed their minds, bodies and souls.

Hampton Manor

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