

HAWKWOOD

centre for future thinking

EXCLUSIVE EXPERIENCES

Interested in Booking An Experience? Email: venue@hawkwoodcollege.co.uk Call: 01453 759 034



GUIDED HIKE FROM HAWKWOOD HOUSE

45 MIN - 1 HR

Enjoy a guided walk from Hawkwood to explore and learn more about our estate and area of outstanding natural beauty.

Offered by James Blore



YOGA SESSION

1 HR (INDOORS)

Unwind, restore, and enjoy the tranquility of Hawkwood as you flow through a nourishing yoga sequence tailored to your group's needs. An ideal way to enhance your experience and foster a sense of wellbeing.

Offered by Frankie Duggan



FOREST BATHING

2 HR

Shinrin Yoku (meaning Forest Bathing), is a gentle therapeutic practice developed in Japan in the 1980's to help improve mental and physical wellbeing. Although the term 'bathing' is used, there is no water involved, rather describing a state of being fully immersed in the forest atmosphere. You will walk slowly and quietly along woodland trails in Hawkwood with simple breathing and sensory exercises finishing with a short meditation.

Offered by Dee Aebischer



TAI CHI SESSION

1 HR (INDOORS)

Experience the gentle art of Tai Chi at Hawkwood, where you'll be guided through calming movements that promote balance, relaxation, and inner peace. Suitable for all levels, our Tai Chi sessions are designed to enhance your physical and mental wellbeing, providing a serene escape in the heart of nature.

Offered by Ra Twilley



DEEP RELAXATION & VISUALISATION

½ HR

A chance to relax, slow down and find a moment of calm in the day. The session starts with an invite to focus on your breathing and then moves into a body scan visualisation for a deep relaxation.

Offered by Anna Rae-Jones

POTTERY SESSION

2 HR



A hands-on workshop offering a relaxing interlude, giving guests the opportunity to immerse themselves in creative exploration through clay. Juli will guide you through simple techniques to create a small platter or other items. No experience required. Finished works will be carefully boxed so participants may take work home without firing, as the clay used has good unfired strength. Alternatively, guests may choose to have work glazed and fired and sent to them.

Offered by Juli Bharucha

BIRDS, BATS, BEES & BADGERS AT HAWKWOOD

1 HR (OUTDOORS)



Dr Simon Pickering ecologist offers nature walks for groups in Hawkwood. This may be a dawn chorus walk, a mid-day ramble, a late-night badger walk or something similar. Groups get a chance to connect with nature in a meaningful way in the grounds and woodlands surrounding us. For more information contact us.

Offered by Dr Simon Pickering, an ecologist, facilitator, mountain biker, co-chair of the G First LEP energy group and advisor to Business Declares.

5 SENSES TUNE-UP

1 HR (INDOOR AND/OR OUTDOORS)

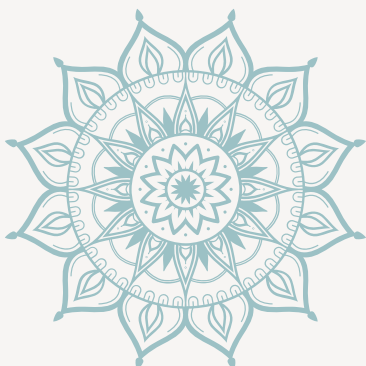


Gear up for a positive and expansive day with this exploration into your 5 senses through light-hearted and practical mindfulness activities. Going through each of the main 5 senses in turn, we will take a light-hearted tour of how you as an individual interact with the world.

Offered by Anna Rae-Jones

ART FROM NATURE

1 HR (OUTDOORS IF WEATHER PERMITTING)



Anna will lead you in creating a mandala using found objects from nature. This mindfulness practice invites you to slow down, focus, and appreciate the intricate details of shape, colour, form, and texture. Participants are encouraged to take photos and share their creations with the group at the end.

Offered by Anna Rae-Jones

ENERGISER WITH SOUND, VOICE AND SINGING

1 HR (INDOORS)



Boost your energy with this fun and accessible introduction to sound, culminating in group singing in rounds and parts. No prior singing experience is required—non-singers are welcome, as everyone can make a sound! The session includes a gentle warm-up and cool-down.

Offered by Anna Rae-Jones

[How To Enquire & Book An Experience](#)

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