

# EARLY SUMMER

7 June –  
9 July

PLAYROOM OPEN DAILY - Call '020' or email Kids Club to book [ziggy.zaggs@sauntonsands.com](mailto:ziggy.zaggs@sauntonsands.com)

## Saturday

### 10.30AM-11.30AM – Saturday Sweat

Kickstart the weekend with a high-intensity workout. **S**

### 11AM-1.15PM – Surfing Lessons (ages 13+)

Take surfing lessons with Walking on Waves Surf School. To adhere to social distancing we are running two sessions of 12 guests who will meet on the front lawn (by the gate to the path) at 11am and 11.15am. ☁ ☔

### 5PM-6PM – Moon Practice Yoga

Leave worries behind at this calming yoga session. **S**

## Sunday

### 10AM-11AM – Yin Yoga

A nurturing yoga practice using floor based asana. Ends with a guided meditation. Bring props if you have them – though not essential. **S**

## Saunton Childcare

7 – 20 June open

9AM-1PM and 2PM-5PM

21 June – 9 July open

9.30AM-1PM and 2PM-4.30PM

Our dedicated Kids Club team is available to entertain your little ones with arts and crafts, fun and games (including outdoor activities), so you can enjoy some much needed rest and relaxation. Perhaps join a fitness class or indulge in some me time with a luxury spa treatment.

Available for children aged 6 weeks – 12 years for up to two hours per day, subject to availability. Booking is essential, call '020'.

## Monday

### 8.30AM-9.30AM – Pilates

Low impact, physical conditioning and wellbeing class suitable for all levels. **S**

### 10AM-11AM – Workout of the Day

Boost cardiorespiratory fitness, muscular strength and endurance while improving flexibility, agility and balance. **S**

### 6.30PM-7.30PM – Meditation

Calm the nervous system, reduce stress and anxiety and increase self-awareness. **S**

## Tuesday

### 8.30AM-9.30AM – Sun

#### Practice – Hatha Yoga

Yoga practice to make you feel energised. Culminates in a meditation. **S**

### 9.15AM-10.15AM – Tennis Coaching

Hone your skills with a tennis session suitable for beginners or intermediates. **S**

### 12PM-1PM – Full-body Workout

All fitness levels are catered for in this total body workout which boosts endorphins. **S**

### 6.30PM-7.30PM – Evening Unwind Vinyasa Yoga

Mindful flow yoga class which releases tension and links movement and breathing. **S**



Weather dependent



Book via Guest Relations '042'



Source Spa class. Book via Guest Relations '042'

## Wednesday

### 9AM-10AM – Pilates

Low impact, physical conditioning and wellbeing class for all levels. **S**

### 4PM-5PM – Power Hour Bootcamp

All fitness levels are welcome at this full-body bootcamp. Modifications are applied throughout the workout to suit individual goals. **S**

### 5PM-6PM – Workout of the Day

Boost cardiorespiratory fitness, muscular strength and endurance while improving flexibility, agility and balance. **S**

## Thursday

### 7AM-8AM – Energising Yoga

Prepare your body for the day with this dynamic and energising vinyasa yoga class. **S**

### 9AM-10AM – Power Hour Bootcamp

All fitness levels are welcome at this full-body bootcamp. Modifications are applied throughout the workout to suit individual goals. **S**

### 5PM-6PM – Reset and Unwind Yoga

Gentle flow yoga class suitable for all levels. **S**

## Friday

### 9.30AM-10.30AM – Feel-good Friday Flow Yoga

Uplifting and energising vinyasa yoga class. **S**

### 11AM-12PM – Functional Living (55+)

A class for those aged 55+ which helps improve posture correction, balance and stability. **S**

SAUNTON SANDS HOTEL

SOURCE SPA AND WELLNESS



# Blissful rejuvenation

## at Source Spa and Wellness

Indulge in some seasonal pampering at our luxurious coastal spa

No stay at Saunton Sands Hotel would be complete without a trip to Source Spa. Our range of deluxe treatments have been created to soothe, restore, invigorate and nourish body and mind. The tough part is deciding which to opt for! Here are a few Source favourites we'd recommend ...



# 3.

### Ultimate Sense of Self

This top-to-toe aromatherapy massage will get you back to your best self. Start the sensory journey by selecting a seasonal Source oil to suit your mood. Then experience an invigorating and relaxing massage to leave you with a renewed sense of self.



### Gold Rush

If you'd like a results-driven facial which uplifts the skin and reduces fine lines and wrinkles then plump for this brightening, anti-ageing and hydrating facial.

# 2.

### Chakra Calm

Larminar crystals placed on your body's chakra points are believed to draw out negative energy and replace it with positive, restoring inner calm and balance. Enjoy a décolleté, neck, face and scalp massage, using calming aromatherapy oils, and leave feeling totally soothed.



### On the Rocks

Press fast-forward on relaxation with the On the Rocks hot stone full-body massage. The grounding and calming massage uses warm basalt lava stones to aid tension and ease muscular pain.



To check availability and book your Source treatments visit:

[sauntonsands.spabooker.travel](https://sauntonsands.spabooker.travel), call the team on '003' or '042' or visit the spa reception

We provide treatments for men, women, mums-to-be and guests undergoing cancer treatments.

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