

## Enhance Your Stay at Oakhill Ponds with Bespoke Wellbeing Sessions

We are delighted to offer a selection of wellbeing experiences designed to complement your time at Oakhill Ponds. Whether you're looking to energise your body, relax your mind, or simply immerse yourself in nature, our skilled practitioners provide exceptional sessions tailored to your group's needs.

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### Pilates with Kelly Lewis

**Strength, Mobility & Wellbeing in Nature** ✉ Email: [kelly.lewis30@gmail.com](mailto:kelly.lewis30@gmail.com)

Enjoy a bespoke Pilates session with **Kelly Lewis**, a highly experienced and much-loved local instructor. With over 20 years of personal training experience and advanced Pilates qualifications (L3 Mat Pilates, L4 Mat & Reformer), Kelly's approach focuses on building strength, flexibility, and mobility in a way that feels natural and enjoyable.

Sessions take full advantage of Oakhill Ponds' peaceful surroundings, with the option to practice outdoors in the fresh air or under cover if needed. Kelly adapts each session to suit the group's needs—always kind, always encouraging, and never competitive.

For those looking for something a little different, Kelly also offers **Paddle-board Pilates** for small groups—a fantastic way to combine balance, movement, and nature!

Beyond the mat, Kelly is an adventurer at heart, having completed ultra marathons, mountaineering training, a Hyrox challenge with her daughter, and even climbed Mount Kilimanjaro. Her passion for movement and wellbeing is truly inspiring, making her sessions a highlight of any stay.

#### 🌟 Pricing for one-hour sessions:

- **Small group** (up to 8 people): £100 per session (£12.50 pp)
- **Larger group** (9-16 people): £160 per session (£10 pp)

Private and group sessions available on request.

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### Seasonal Yoga with Anna

✉ Email: [anna@themandalacollective.yoga](mailto:anna@themandalacollective.yoga) ☎ Phone: 07714 267546 🌐 [Linktree](#)

SEASONALYOGA ❄️🌱💛☀️💛🍂

Seasonal Yoga blends **Yoga, Tai Chi, and Chi Kung**, designed to improve strength, flexibility, and inner harmony. Inspired by Traditional Chinese Medicine, this practice mirrors the changing energies of nature, helping you align with the rhythms of the seasons.

The experience is similar to a **vinyasa flow class**, incorporating:

- Traditional **Hatha Postures (asanas)**
- **Breath Work (pranayama)**
- **Meditation & Yoga Nidra**

Each session is taught outdoors with music, allowing movements to flow gracefully from posture to posture. All equipment is provided, so you can simply arrive and enjoy the experience.

For more information or to book, contact Anna directly.

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## Yoga with Alice Brown of White Lilac Yoga

 Instagram: [@whitelilacyoga](https://www.instagram.com/whitelilacyoga)

 Contact: [Tel 07939246856](tel:07939246856)

**Alice Brown**, the founder of **White Lilac Yoga**, offers a nurturing and holistic yoga experience. With a background in various movement disciplines, Alice's classes are designed to empower students, fostering a deep connection between mind, body, and spirit.

Her teaching philosophy emphasizes that yoga is a continuous journey of learning and growth. Alice creates an empowering space to breathe and move, encouraging soulful practice that nourishes daily life. Her sessions are suitable for all levels, ensuring that each participant feels supported and challenged appropriately.

For more information or to book a session with Alice, visit her Instagram profile: [@whitelilacyoga](https://www.instagram.com/whitelilacyoga)

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## Massage & Reflexology with Katherine Phelps

 Email: [kathphelps@googlemail.com](mailto:kathphelps@googlemail.com)  Contact: 07402 885078 (text or WhatsApp)

For those seeking relaxation and rejuvenation, **Katherine Phelps** offers a range of therapeutic treatments, including:

- **Indian Head Massage**
- **Foot Reflexology**
- **Facial Reflexology**

Katherine is a well-qualified, local practitioner with a warm and welcoming approach. She primarily works with private clients but is delighted to offer treatments for Oakhill Ponds guests.

For a glimpse of facial reflexology in action, you can watch this [video](#).

To book a session, reach out to Katherine directly.

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We hope these experiences add an extra layer of magic to your stay at Oakhill Ponds. Whether you're gathering for a retreat, celebration, or simply to spend time in nature, our talented practitioners are here to support you.

With warmth, **Rob and Amanda**