



DEVON RETREAT

schedule

• Tors Park •

THURSDAY



14:00 - 16:00

Check-in to Tors Park luxury North Devon apartments

17:00

Group activity

18:00

Group dinner and welcome ceremony
Expect goodie bags and OSG games

FRIDAY



7:00

Morning hike or run taking in breathtaking scenery of North Devon coastal path

8:30

Back to luxury apartments and enjoy your breakfast packs

10:00

Group workout in Space with PT Gus

11:00

Ice baths, breathwork, and sauna

13:00

Lunch and mindfulness at the Valley of Rocks

15:00 - 17:00

Biking along Exmoor or yoga in Space

19:00

Group dinner from our locally sourced caterers
BYOB

21:00

14th Century heritage pub trip

SATURDAY



7:00

Morning hike or run along Exmoor National Park

8:30

Breakfast packs

10:00

Vinyasa yoga in Space

11:00

Ice baths, breathwork, and sauna

13:00

Lunch bags from A Little Deli at Watersmeet National Trust

15:00 - 17:00

Wild swimming or strength session

18:00

Drinks Reception on terrace overlooking stunning Lynmouth Bay

19:00

Dinner, OSG quiz and games, closing ceremony

SUNDAY



8:00

Yoga in Space or run along Exmoor National Park

11:00

Check-out and head back after a weekend of connecting, unwinding, and having fun

*This schedule is aimed to be a guide. Exact timings may change and we will be as flexible as possible to accommodate needs during the trip.
Exact meeting points to be communicated during the trip.

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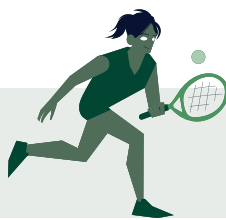
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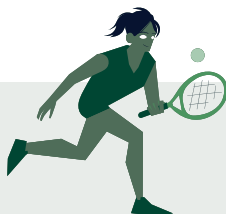
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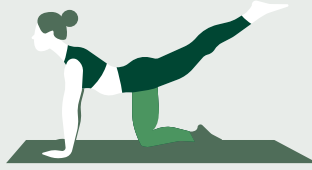
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