

B HOSTS

*EDITION 01 — AUTUMN RESET
WITH BECKY AND GEORGE NORTH
04 — 07 OCTOBER 2026*

Sunday

Individual arrival from 12 noon
Two-hour afternoon hike at 1.30 pm
Teatime
Yoga
Welcome apéro with Becky, George & fellow guests
Four-course-dinner

Monday

Rise Yoga at 7 am
Breakfast
Conditioning with George or E-biking with Becky
Lunch at The Brecon
Afternoon hike to the waterfall
Teatime
Outdoor Sauna and Ice bathing at the river
Apéro
Four-course-dinner & conversation with Becky and George

Tuesday

Rise Yoga at 7 am
Breakfast
Conditioning with George or running with Becky
Lunch at The Brecon
E-biking with George and Becky
Teatime
Time to enjoy the spa
Apéro
Four-course-dinner

Wednesday

Rise Yoga at 7 am
Breakfast
Gym conditioning or team challenge
Individual check-out

Programme may be adjusted depending on weather and conditions.