

Jimmy's Wild Wellness Day

SUNDAY 13TH SEPTEMBER 2026

Schedule of the Day...

- 08:30 Arrive, settle in and relax
- 08:45 Indulge in a tasty, revitalising breakfast to start the day
- 09:30 Take a gentle stroll around the kitchen gardens and our park led by our Estate Manager, Gemma
- 10:00 Experience Yoga like never before in our Lemur Reserve. Connect your mind and body through movements and mindful breath, all while surrounded by the enchanting energy of our lemurs.
- 11:00 Before lunch, join BANT registered nutritionist, Eva Humphries for an amazing insight into the world of nutrition and healthy eating including a food demonstration
- 12:00 Replenish your energy with our nutritious buffet lunch
- 13:30 After lunch, enjoy a VIP interactive tour with one of our Rangers and explore the nature and habitats of our amazing animals
- 14:30 Stretch, strengthen, tone and breathe with Pilates. Suitable for all levels, with different options throughout
- 15:45 Finish the day by unwinding with a relaxing and awakening Sound Bath and reflect on the day
- 17:00 Time to depart feeling fully refreshed and relaxed after strengthening your mind and body



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All classes will be led by MatSpace instructors who can adapt activities to all abilities. For more information on who they are visit: www.matspace.co.uk

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