

ZEN





Zone out. Energise your mind. Nourish your Soul.

WELLNESS IS NOT JUST A DESTINATION; IT'S A WAY OF LIFE...

We have created the ultimate wellbeing centre for mind, body, and wellness experiences on our 500-acre Cotswold estate, specially curated for you and bringing together specialists from around the country. Immerse yourself in our holistic experiences, designed to give you the tools to make small, tangible changes to your everyday life and empower you to improve your own health and wellbeing.



Weekly Classes

Zen at House Spa offers a weekly timetable of wellness classes, including breathwork, crystal sound baths, Qi Gong, meditation, yoga and more.



1:1 Treatment & Therapies

Book personal treatments and therapies with our wellness and holistic practitioners.



Weekly Classes



Crystal Sound Bath

Monday 11am | £35

60-minute group session with Jo Fellows

Location: The Meditation Space

A deeply relaxing and for some, spiritual practice. You will be guided through a relaxing meditation using the beautiful sounds of the crystal bowls. The session is a complete escape from the day-to-day rush of life and will centre and focus you whilst leaving you feeling mentally calmer and more relaxed.

Private classes available on request:

*£200 for up to 4 people | £25 per additional person,
max 8 people*



Yoga

Monday 3pm and Saturday 10.30am | £20

60-minute group session with Beth Winsor

Location: Cameo Studio

A fusion of energising yoga postures to build strength and flexibility and finishing with a deep stretch sequence for relaxation.

Private classes available on request:

*£80 for up to 2 people | £15 per additional person,
max 12 people*

Weekly Classes



Qi Gong

Tuesday 11am – 12pm with Kevin Devaney

Thursday 2pm with Karen Soo

60-minute group session | £35

Location: The Meditation Space

Qi Gong is an ancient Chinese healing art and self-cultivation system. This includes simple, gentle movement, posture, breathing techniques, self-massage and meditation.

Private classes available on request:

*£150 for up to 4 people | £25 per additional person,
max 8 people*



Breathwork and guided meditation

Wednesday 11am | £35

60-minute group session with David Bowen-Davies

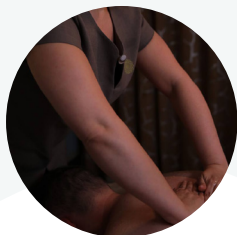
Location: The Meditation Space

Our Rest & Recharge Breathwork session will benefit those wanting to feel less stressed, anxious, tired, or overwhelmed.

Private classes available on request:

*£150 for up to 4 people | £25 per additional person,
max 8 people*

Wellness treatments and therapies



Intuitive massage

Thursday 10am – 5pm with Tamara

60min | £95

90min | £135

A relaxing and healing experience designed to move stagnant energy using intuitive practices and movements, with techniques including Swedish massage, reflexology, reiki, craniosacral therapy, myofascial release and stretching. This massage can be performed in various ways, depending on your individual needs, which may include basic rubbing strokes, a rocking motion or a combination of pressure types.

A unique treatment for each individual, intuitive massage sessions relax your body and mind, often resulting in a profound state of relaxation, wisdom and insight.



Reflexology

Thursday 10am – 5pm, with Tamara

60min | £80

A complementary therapy, that works on the feet to help heal the whole person, not just the prevailing conditions. Deeply relaxing, reflexology can help restore and maintain the body's natural equilibrium.



Reiki

Thursday 10am – 5pm, with Tamara

60min | £80

A technique that uses energy force to reduce stress and anxiety and encourage relaxation, Reiki uses gentle touch and placement for healing and tries to improve balance in your body. Reiki does not treat conditions on its own but can be used to support any traditional treatment you may receive.





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Dormy House Hotel

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www.dormyhouse.co.uk/spa/zen