COWLEY MANOR
EXPERIMENTAL

SPECIALS EVENTS MARCH TO JUNE 2026

MARCH

20TH MARCH	Spring Equinox at the Cascades 2 PM-4:30 PM	£30.00
27TH MARCH	Spring Awakening Retreat 10:00 AM-4:00 PM	£175.00

APRIL

2ND APRIL	Wim Hof Session 6:00 PM-8:00 PM	£12.00
10TH APRIL	Fundamental Wim Hof Retreat 10 AM-5 PM	£110.00
14TH APRIL	QiGong 11 AM-11:45 AM	£12.00
14TH APRIL	Soundbath 12:00 PM-12:45 PM	£12.00
15TH APRIL	Aqua Zumba 7:30 PM-8:15 PM	£12.00
19TH APRIL	QiGong 11 AM-11:45 AM	£12.00

MAY

6TH MAY	Aqua Zumba 7:30 PM-8:15 PM	£12.00
10TH MAY	Wim Hof Session with Cascades 11 AM-1:30 PM	£12.00
24TH MAY	Fundamental Wim Hof Retreat 10:00 AM-5 PM	£110.00

JUNE

3RD JUNE	Aqua Zumba 7:30 PM-8:15 PM	£12.00
12TH JUNE	Fundamental Wim Hof Retreat 10:00 AM-5:00 PM	£110.00
23RD JUNE	Wim Hof Session 6:00 PM-8:00 PM	£12.00

COWLEY MANOR
EXPERIMENTAL

SPECIALS EVENTS
JULY TO AUGUST 2026

JULY

1ST JULY	Aqua Zumba 7:30PM-8:15PM	£12.00
11TH JULY	Fundamental Wim Hof Retreat 10:00AM-5:00PM	£110.00
18TH JULY	Wim Hof Session 10:00AM-12:30PM	£12.00
21ST JULY	QiGong 11AM-11:45AM	£12.00
21ST JULY	Soundbath 2:00PM-12:45PM	£12.00
25TH JULY	QiGong 11AM-11:45AM	£12.00
27TH JULY	The High Summer Bloom Retreat 1:00PM-4:30PM	£109.00
31ST JULY	Wim Hof Session 6PM-8:30PM	£12.00

AUGUST

4TH AUGUST	Wim Hof Session 6PM-8:30PM	£12.00
5TH AUGUST	Aqua Zumba 7:30PM-8:15PM	£12.00
11TH AUGUST	QiGong 11AM-11:45AM	£12.00
11TH AUGUST	Soundbath 12PM-12:45PM	£12.00
15TH AUGUST	Fundamental Wim Hof Retreat 10:00AM-5:00PM	£110.00
19TH AUGUST	QiGong 11AM-11:45AM	£12.00
27TH AUGUST	Wim Hof Session 6PM-8:30PM	£12.00