



WELL BATH · CHARLCOMBE, BATH

Corporate *Retreat Day* at Well Bath

Nourishing the people who help your business thrive.

WELL BATH

wellbath.co.uk

Your team can only be as good as they feel.

Reciprocity is the quiet engine of a healthy company. When the people who hold the work get held in return, they bring more to the work. They sleep better. They think more clearly. They make better decisions. They stay longer.

A day at Well Bath is built for that reciprocity. The building sits at the head of a valley in Charlcombe, ten minutes from central Bath. There are no fluorescent lights, no plastic chairs, no corporate beige. There is a sauna, an ice plunge, an indoor and outdoor strength and conditioning gym, a yoga studio, treatment suites, and a fire circle. There is the team that runs Well Bath. There is the valley.

We have built this day for the kinds of teams that work hard, lead other people, and rarely get a chance to stop.



THE DAY

What a day at Well Bath actually is.

It begins quietly. Herbal tea in the foyer, the kettle on, the team arriving in twos and threes. A welcome, the shape of the day explained, introductions where they are needed.

Then movement. A guided walk through the valley with Dan, breathwork led by Joe, strength training that meets the body where it is, yoga sessions in either a slower or stronger register, treatments in the suite, the sauna and ice together as a whole-group experience. Long lunch in the middle. A fire circle to close.

There is space for the team to do its own work too, if you want it. We can hold an hour for private strategy or quiet conversation, away from the rest of the day. Optional, on your timetable, not ours.

By the end the room feels different. The drive back has fewer screens. Monday lands lighter.

A day with structure and breath.

8:30 AM	Arrival Coffee in the foyer, settling in, meeting the team.
9:00 AM	Welcome Brief grounding and the shape of the day.
9:30 AM	Valley walk A guided nature walk with Dan, breath paired to step.
10:45 AM	Pause Coffee, fruit, a turmeric or beetroot shot.
11:00 AM	Whole-group sauna Heat, cold, repeat. The whole team in the room.
12:15 PM	Lunch Seasonal, plant-led, served outside if the weather holds.
1:00 PM	Private team window Optional hour for your team's own meeting or strategy.
2:00 PM	Choice of session Yoga, strength with Dan, or treatments. You choose.
3:30 PM	Pause Hot drink, a moment of stillness.
3:45 PM	Breathwork Joe leads breath, mantra and live music.
5:30 PM	Fire circle close Fire, cacao, time to reflect. Leave when you are ready.

Every session is adapted to the team in the room. Nothing is fixed.

THE SESSIONS

Six experiences. One day.



SAUNA AND ICE

The whole group, *held together.*

The sauna fits the whole team. Heat brings the body in, cold brings it back. Together. Contrast as a shared rhythm rather than a relay race.

WITH DAN, ISKA RECOVERY



STRENGTH AND MOVEMENT

Movement that asks *something of you.*

Dan Cossins-White leads functional strength in the gym and through the valley. White Line Coaching philosophy: meeting bodies where they are. Effort without grinding.

WITH DAN COSSINS-WHITE



YOGA

Slower or stronger, *your choice.*

Senior Well Bath teachers hold two styles depending on what the room needs. Stronger flow for the team that wants to move; slower hold for the team that wants to land.

WITH A SENIOR WELL BATH TEACHER



TREATMENTS

One-to-one *bodywork.*

Each participant paired with one of our treatment-suite practitioners. Choice of gentle holistic style or firmer deep-tissue work. A private moment of care inside the team day.

WITH THE WELL BATH TREATMENT TEAM



BREATHWORK

A practice older *than language.*

Joe leads a breathwork journey supported by live harmonium, mantra and song. The body releases what the week has been holding. The nervous system finds its rhythm again.

WITH JOE



FIRE CIRCLE

A close that lets *the day land.*

Fire, cacao, a circle. The day settles. Reflect with the team or stay quiet. Leave whenever you are ready. The most-missed slot from every retreat we've run.

WITH THE WELL BATH TEAM

THE TEAM

The people you will spend the day with.



Joe

Owner, lineage practitioner

Tui Na, Breathwork,
Hatha. Holds the
sanctuary.



Dan Cossins-White

Strength, outdoor conditioning

Former elite athlete.
Trains teams outdoors
year round.



Dan

Sauna and ice, Iska Recovery

Contrast therapy. Heat,
cold, breath. Holds the
sauna and ice.

AND THE WIDER WELL BATH TEAM

The treatment suites are held by a team of senior practitioners. Paul, Structural Integration. Sarjana, deep tissue, holistic massage and facial. Jan, Swedish massage. Olivia, Reflexology. Heidi, Reiki. And others depending on the day. We match the practitioners to the team in the room.

The yoga studio is held by senior teachers, drawn from Mirella, Diane, Lauren and our wider rota. Each carries years of teaching depth.



THE SPACE AND THE TABLE

Charlcombe valley. And a Michelin-trained chef.

THE SPACE

Well Bath sits at the head of the Charlcombe valley, ten minutes from central Bath. A yoga studio, treatment suites, a sauna and ice plunge, an indoor and outdoor strength and conditioning gym, a foyer with herbal teas on arrival.

Fields on three sides. Sheep beyond the hedge. The studio windows open onto green. A team that has cared for this building for years.

THE TABLE

Lunch is held by Oak, the plant-led restaurant in Bath that caters regularly for Well Bath. Seasonal, vegetarian and vegan, considered.

For teams who want the table to be the day's signature, Oak can send their Michelin-trained chef to lead the meal. A longer lunch, a more deliberate course structure, food chosen with the day in mind.

An optional upgrade. Priced separately. Worth the conversation.

INVESTMENT

Three tiers. Per person, plus VAT.

INTIMATE <i>6 to 8 people</i> £680 per person + VAT £4,080 – £5,440 GROUP TOTAL	STANDARD <i>9 to 12 people</i> £620 per person + VAT £5,580 – £7,440 GROUP TOTAL	GROUP <i>13 to 15 people</i> £580 per person + VAT £7,540 – £8,700 GROUP TOTAL
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WHAT'S INCLUDED

- Full day at Well Bath, 8:30am to 6:00pm.
- Welcome, valley walk, whole-group sauna and ice, choice of yoga / strength / treatments, breathwork, fire circle close.
- Oak-catered lunch, plant-led and seasonal, morning and afternoon snacks and shots, herbal tea throughout.
- Private team window if requested, no extra charge.

OPTIONAL ADD-ONS

- Oak Michelin-trained chef for the lunch service, priced per cover (POA).
- Post-retreat one-to-one follow-ups for leaders.
- Evening fire-and-cacao extension.
- Half-day variant at 60% of full-day rate.

TO BOOK OR EXPLORE

Email joe@wellbath.co.uk and we'll arrange a call.

wellbath.co.uk