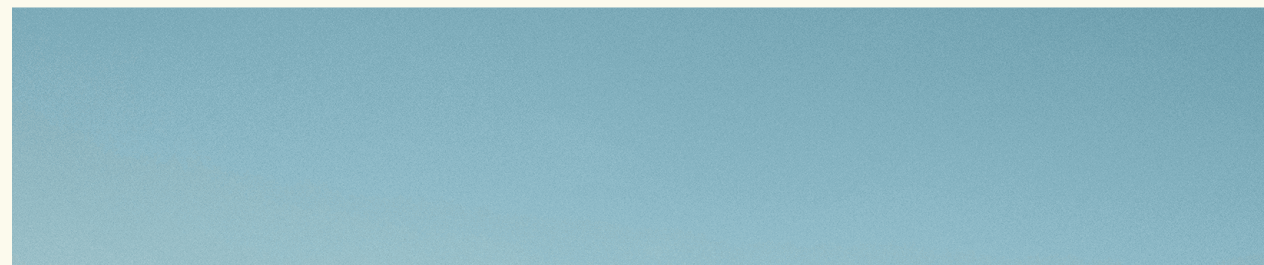


# THE FARM CLUB

**WELLNESS IN THE WORKSPACE:  
REWILD AND RECHARGE THE TEAM**

**IF YOU WANT TO  
APPROACH WORK AND  
PLAY CREATIVELY —**



**THE FARM CLUB IS THE**

**SPACE FOR YOU.**



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# THE FARM CLUB CONCEPT: COMPANY AWAYDAYS



The Farm Club is just 30 minutes from Manchester and set within 300 acres of nature, providing your team with the ultimate rejuvenating experience. With a playground for health and well-being you can:

**ReWild and Recharge:** Outdoor Yoga under a stretch tent, Outdoor Functional Farm Fitness, Holotropic Breathwork, Wild Water Swimming, Cold Water Immersion, Meditation classes, Sound Healing.

Tailored packages to suit your team.

**Set strategies:** Meeting studio is available, or Tipi hire for larger events. Soak up the vibe in the Coffee Hub and chill on the sun terrace. Team building, creative brainstorming, company meetings- visit for a day, value for a lifetime.

There is no denying the fact that life can be busy and long hours at work can be stressful. Here at The Farm Club, it is our aim to combine our passions and provide a day out of the “usual” spent here in nature. Connect with yourself, connect with your colleagues and enjoy a day spent indulging in the experience.

Set in 300 acres of Cheshire countryside; our yoga, sound, fitness, breathwork & cold-water immersion classes are the perfect way to unwind from the noise of daily life and to reconnect with ourselves.



READ MORE  
ABOUT OUR  
EXPERIENCES →



8/9 **BREATHWORK &** 4  
/



Our yoga classes are inclusive (all levels) and creative, allowing each of you to connect with your breath and flow through sequences that feel right for your body and ability. Working with the physical body for strength, flexibility and balance and the mental body for stress relief, emotional support and wellbeing. We believe that what is experienced and learnt on the mat can help improve everyday wellbeing.



Allow your senses to become  
alive as you drop into a  
journey of sound healing.  
Experience the waves of  
sound travel through your  
body as you journey through  
a calming, grounding and  
transformative practice.  
Allow yourself to get lost in  
the journey as you awaken  
the peace within.





Teamwork is the foundation of our working lives, together we can achieve so much more than alone. Break into a unique style of group outdoor training and team building exercises which is accessible to all fitness levels. At The Farm Club we celebrate uniqueness and differences and believe that we are more successful when we work together.



Improve your mental and physical wellbeing with our guided outdoor breathwork & cold-water immersion in Pickmere Lake to get you centred and energised.



Bringing you a deep sense of connection within yourself and those around you, this intimate class gives you a whole different experience from our lake dip. Although cold at temperatures of 5° there is a huge sense of control, community and accomplishment as you bathe in the cold water together, as one.

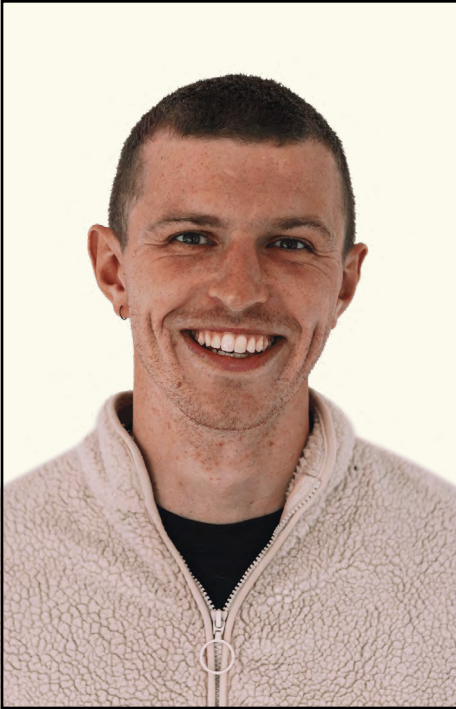




# OUR TEAM

All sessions will be led by  
our trained facilitators.

DAVID



BREATHWORK &  
COLD WATER

YOGA, BREATHWORK &  
COLD WATER



KIT

LEO



YOGA, BREATHWORK,  
COLD WATER & SOUND

YOGA &  
SOUND



YELENA

WILL



FITNESS &  
MOVEMENT

# TESTIMONIALS



We thoroughly enjoyed our staff wellbeing day! It was the perfect way to bond with teammates - we all felt the value of yoga and cold-water practices in our mind and body, and many of us will continue to practice regularly. Thanks to The Farm Club team for their warm and welcoming nature and being so accommodating for each of our individual needs."

**QUIDDITY HEALTH TEAM**



The Farm Club was the perfect location for our Team wellbeing day. They have some great instructors, who are very friendly and accommodating to different ability levels; we wanted the day to facilitate fresh thinking and a positive narrative around wellbeing in the workplace and the complimentary nature of the activities achieved this perfectly. The energy and sense of purpose from the facilitators were palpable, everyone left feeling refreshed, relaxed and equipped to better self-manage their mental wellbeing – a big thank you to you all!

**ANDY PARR, PI AND STRATEGIC BUSINESS DIRECTOR, BD**



We came across The Farm Club through social media – a seemingly rapidly growing set up that focuses on people and mindset in an idyllic setting – just what we were after! Coffee on arrival and outdoor Yoga overlooking the lake to get us started, followed by a morning of business meetings, and delicious vegan lunch and cake! We then moved outside for a breathwork session before heading down to the lake for a cold-water experience. This was completely new to our team, so naturally we went into it with some hesitation. But The Farm Club team were brilliant at putting everyone at ease. Huge thanks to everyone for being so attentive and creating a great day – can't wait to get back there!

**DAVE REYNOLDS, ADIDAS**

# PRICING

Tailor your day and choose **three** from the following:

- A

Guided yoga and meditation practice
- B

Guided breathwork & ice bath/lake dip experience
- C

Team building fitness class
- D

Sound healing class

## Packages:

<div>Teams up to 25 people</div> <div><div>✓</div> Three experiences</div> <div><div>×</div> Lunch</div> <div><div>×</div> Meeting room</div> <div>£125.00 pp</div>	<div>Teams up to 25 people</div> <div><div>✓</div> Three experiences</div> <div><div>✓</div> Lunch</div> <div><div>✓</div> Meeting room</div> <div>£150.00 pp</div>	<div>Teams of 25+ people</div>
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\*Our experiences cater for a *minimum cost cover of 10 people.*





The Farm Club, Mere View Farm,  
Park Lane, Pickmere, Nr. Knutsford,  
Cheshire, WA16 0LG

# LOCATION

## Directions from M6 North and Southbound

Leave M6 at junction 19 and the follow signs for A556 Northwich. Immediately after leaving the roundabout turn right at The Windmill pub onto the B5391/Pickmere Lane. Drive 2.4 miles and turn right at Park Lane. Continue for 0.4 miles and take a left turn at Mere View Farm & Barn.

## Directions from M56 East and Westbound

From the M56/Junction 10 take the 3rd exit on the Stretton roundabout and follow the signs for the A559/Northwich Rd. Continue to follow the A559 and turn left at Dark Lane. Continue on Dark Lane until you reach a T-junction at which point, turn right at Park Lane. Drive 2.4 miles and turn right at Park Lane. Continue for 0.4 miles and take a left turn at Mere View Farm & Barn.

## Directions from Chester

Leave Chester on the A56/Hooleway, at the roundabout take the 1st exit onto the M53, heading towards M56. At Junction 11, take the exit onto the M56 towards Runcorn / Manchester / Warrington / M6. Drive 14.5 miles then at junction 10, take the A49 exit. On the Stretton roundabout take the 3rd exit onto the A559/Northwich Rd heading to Northwich. Continue to follow the A559 until you reach Dark Lane, turn Left. Continue on Dark Lane until you reach a T-junction at which point, turn right at Park Lane. Drive 2.4 miles and turn right at Park Lane. Continue for 0.4 miles and take a left turn at Mere View Farm & Barn.



AWAKEN



THE WILD



WITHIN