

WE INVITE YOU TO.....

Conquer

BE A HEROINE OF HEALTHIER HABITS
TO LIVE WELL

ABOUT

Read all about Conquer
and why it was created

HEALTHY HABITS

Discover how the weekend
will unfold to support you

SHEEPDROVE

The home of our Conquer
getaway and how to find us

Well⁺

HOSTED IN PARTNERSHIP WITH
SHEEPDROVE ORGANIC FARM.



Kate Taylor
Registered Associate Nutritionist +
Fitness Coach



Ria Ingleby,
CHEK Holistic Lifestyle Coach
PT + Yoga Teacher

WELCOME

FROM YOUR CONQUER HOSTS

Eudaimonia is a Greek word commonly translated as happiness. However, happiness is also attributed to a state of mind. "Human flourishing" has also been proposed by some, yet this is too narrow, as we often think of a plant flourishing in nature. We therefore, prefer the translation of 'living well.'

It is a concept in Aristotle's virtue of ethics and asks wider questions like: "How should I live?" and "What is the good life?"

Exercising the virtues of our character can lead to us living and doing well. We focus on those character strengths as your super power over the course of the weekend.

Philosophy can be hugely helpful in conquering any barrier, challenge or that feeling deep in your gut that something is misaligned in life.

Our Conquer getaway is about acknowledging our highest human right to be well, experiencing it, integrating and living and doing well. When you sustain greater self-awareness and recognise all aspects of health (food, move, rest, and rhythm), you can conquer any challenge and achieve success with work and life in a varied, rich and fulfilling way.

When you think of the word 'conquer,' different images or concepts may come to mind, such as someone conquering the peaks of Mt Everest, running their first mile, overcoming anxiety, fear or even beating an illness. As humans, conquering is something we have done for centuries. Both in our inner world (mind) and outer world (body). It starts with making the right choices (in this case healthy ones) and taking small steps to integrate them into life. It's not a check list; it's a way of being.

Conquer Aug 2017:

“Inspiring me to learn more about myself, yoga and other people. I have felt relaxed for the first time since I can remember!”



ABOUT CONQUER

A HEALTHIER WAY OF
LIVING + DOING WELL

WHY CONQUER?

As modern day workers, seeking a different way of being, we understand the juggling act of working, living, and supporting others too - be it friends, family, colleagues or loved ones.

Our own personal experiences and passions have brought us to the point of asking - What would it take to conquer your day in a healthy way?

To make it happen as often as possible, and on days when it doesn't quite go your way, you have the inner know how to get back on top. See our getaways as your own personal blue print to do just that, from food, movement, rest and recharging. You leave knowing how to weave it all into your life.

HOW WILL CONQUER LEAVE ME FEELING?

We asked our previous Conquers Club members how they felt about making choices to start building healthier habits to live and do well. Here are some words they shared:

happy, positive, refreshed, enlightened, inspired, confident, empowered, focused... head to [#conquerheroines](#) on Instagram to see more of what our conquer club members have been saying.

HOW WE WORK WITH YOU

Our Getaways are bespoke to each group. We take a survey to get a snapshot of how we can support you and build on your strengths. When you arrive, everything will be taken care of from food, workshops, and walks. Both Kate and Ria have worked in the health and wellness industry for over 20 years and have deep experiences in areas other than those they specialise in. We know how important time to recharge is and we will be there every step of the way.

PRE-WORK + ITINERARY

A HEALTHIER WAY OF
LIVING + DOING WELL

PRE CONQUER:

STEP 1 - PLAYING TO YOUR STRENGTHS

We send you a link to an online questionnaire enabling us to tailor your weekend.

STEP 2 - 24-HOUR FOOD JOURNAL

STEP 3 - START YOUR JOURNEY TO SHEEPDROVE!



VENUE:

Woodend Cottages, Sheepdrove Organic Farm, Sheepdrove Road, Lambourn, Berkshire, RG17 7UU, United Kingdom

SATURDAY

- 0930 - Arrival
- 1000 - Welcome & Introductions
- 1100 - Workshop 1 - Food
- 1230 - Lunch
- 1330 - Workshop 2 - Move
- 1500 - Workshop 3 - Rest
- 1630 - Free time (Optional farm walk)
- 1800 - Dinner

SUNDAY

- 0630 - Morning Ritual - Yoga
- 0700 - Run/Walk - Optional
- 0800 - Breakfast
- 0900 - Workshop 5 - Live your strengths
- 1030 - Wrap up & Goodbyes

Notes>>>

i) Times are a guideline for the day. If we believe the group needs more time in a particular area then we may tweak the schedule.



Organic Natural
Health & Beauty





Please let us know of any dietary requirements, allergies and/or intolerance's one week before your Conquer Getaway.



FOOD + DRINK

A HEALTHIER WAY OF
LIVING + DOING WELL

Food is essential to life, for fuel, nourishment and also as the social glue that brings many of us together. We make sure all your nutritional needs are met while enjoying one of life's simple pleasures, all weekend.

ON ARRIVAL

Fresh seasonal fruit, banana, coconut & spinach loaf, date, cocoa and almond snack bites

LUNCH

Green lentil, butternut, cucumber, cranberry and walnut salad

Quinoa, tarragon, cherry tomato, pea, rocket & feta salad

Harissa baked cod

Red pepper & sundried tomato frittata

Artisan wholegrain bread

DINNER

Roasted sweet potato wedges

Baked lemon chicken with feta, cherry tomatoes & green beans

Seasonal roasted root veg

Chunk guacamole

Greek yogurt, berries, dark chocolate & peanut butter bowl

BREAKFAST

Scrambled or poached eggs

Grilled tomatoes, baked portobello mushrooms

Sliced sourdough

Granola, yogurt & fresh seasonal fruit

REFRESHMENTS:

English breakfast, herbal, and fruit tea

Freshly brewed coffee

Still & sparkling water

Fresh juice, Elderflower sparkle, Coconut water

YOUR INVESTMENT

HEROINES OF HEALTHIER HABITS

PRICE

Private room & en suite - £195 per person

Shared room & en suite £170 per person (sharing option is limited and perfect for friends!)

BOOKING: To book on please email

ria.ingleby@thewellplusgroup.com. Your place is confirmed when full payment is received.

Cancellation notifications should be received by email 60 days before your Conquer Getaway date. If cancellation is received within this time frame 50% of the escape price will be refunded.

Deposits are non-refundable. Payments made before the 60-day cancellation window will be refunded.

OUR PRICE PROMISE

Put simply, our price promise to you is at the heart of everything we do and part of the experience we have built for your Conquer Getaway. We are proud of what we have created, and with each Getaway, we ensure it's tailored to the people attending.

Both Kate and Ria invest significantly in their continued professional development (CPD) to bring you the most up to date knowledge on living well from their respective professions and the specialists they work alongside.

What they are sharing is built on their personal and professional experience. They do not advocate quick fixes because ultimately it is short-term and a waste of your money, time and energy.



Conquer



THERE IS SOMETHING GREAT IN BRAVING THE UNKNOWN.

Kate Taylor + Ria Ingleby

You can connect with us by calling Ria on 07775 862076, or by emailing ria.ingleby@thewellplusgroup.com