

SOULFUL BOOTCAMP AND A LIFE MORE EXTRAORDINARY
ARE EXCITED TO HOST THE VIRTUAL EVENT

BOOTCAMP MORE

Extraordinary

SATURDAY MARCH 27TH

A DAY OF CARDIO / STRETCH / MINDFULNESS / COACHING /
INSPIRING SPEAKERS / CONNECTING

who are we?

soulful bootcamp

PROVIDES SPACE FOR PEOPLE TO CREATE A
DAY FOR THEMSELVES - TO EXHALE, SWEAT,
STRETCH - AND FEEL CONNECTED DURING THIS
LOCKDOWN PERIOD

a life more extraordinary

OFFERS INSPIRATIONAL STORIES, OPEN
CONVERSATIONS AND REFLECTIONS AIMING
FOR SOMETHING MORE EXTRAORDINARY THAN
A 'NEW NORMAL'

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coaching

TAKE SOME TIME TO THINK ABOUT HOW YOU WANT TO EMERGE AFTER LOCKDOWN

inspire

HEAR INCREDIBLE SPEAKERS AND GET READY TO EMBRACE YOUR LIFE MORE EXTRAORDINARY

meditation

BACK BY POPULAR DEMAND! BREATHE, RE-CENTRE AND FOCUS YOUR SPIRIT ON WHAT'S TO COME

hiit

GET YOUR LYCRA ON AND SWEAT OUT ALL MEMORY OF LOCKDOWN. IF IT'S SUNNY, TAKE US OUTSIDE!

barre & pilates

STRETCH AND STRENGTHEN AND GET THOSE MUSCLES READY FOR LESS COUCH TIME!

barre

JOIN US FOR A WELL EARNED COCKTAIL AND A CHAT

OPT IN OR OUT OF ACTIVITIES TO CURATE THE DAY YOU NEED!

Helping Others

GIVING IS A KEY PART OF FEELING HEALTHY. IF YOU JOIN US FOR BOOTCAMP MORE EXTRAORDINARY WE ENCOURAGE YOU TO DONATE TO ONE OF THE FOLLOWING ORGANISATIONS:

migrateful

WHO SUPPORT MIGRANT CHEFS WHO ARE STRUGGLING TO INTEGRATE AND ACCESS EMPLOYMENT IN THE UK. YOU CAN DONATE [HERE](#) AND/OR SIGN UP TO ONE OF THEIR CLASSES [HERE](#)

shelter

WHO HELP PEOPLE FACING HOMELESSNESS. GIVEN THE PANDEMIC CONDITIONS AND UNEMPLOYMENT RATES, MORE PEOPLE THAN EVER ARE FACING HOMELESSNESS. SHELTER HAVE SET UP AN EMERGENCY APPEAL TO RAISE FUNDS TO SUPPORT THE INCREASED WORKLOAD. YOU CAN DONATE [HERE](#)

soulscape

WHO WORK WITH YOUNG PEOPLE IN BERKSHIRE TO GIVE THEM SPACE AND TOOLS TO COPE WITH INCREASING LEVELS OF PRESSURE AND MENTAL HEALTH ISSUES FACING THEIR AGE BRACKET. YOU CAN DONATE [HERE](#)

Agenda : AM

	ACTIVITY	HOST	WHAT TO EXPECT	WHAT TO BRING/PREPARE	COST
7.40 – 7.55	QUICK HELLO	Communal	Welcome and chance to meet some participants	Healthy breakfast (eg smoothie)	
8.00- 8.45	BARRE FLOW	Esme Benjamin Register here	'Strength & Spiral' - low impact movement inspired by pilates & dance	Pilates mat, barre socks (or equivalent) TBC – chair, pillow etc.	£3/£6/£9 (your choice when you book)
9.00- 9.45	BARRE STRETCH & RESTORE	Esme Benjamin Register here	'Relax & Renew' - gentle movement sequences to stretch, lengthen & breathe	Pilates mat, comfortable (warm) clothes to stretch in Optional: pillow, rug	£3/£6/£9 (your choice when you book)
10.00- 10.15	QUICK HELLO	Communal	Quick hello and meet some participants	Healthy snack (eg fruit) or a cuppa!	
10.30- 11.15	HIIT	Katie Siddle Register here	Release endorphins for the rest of the day with a high energy workout!	Space to exercise (eg living room / outdoors), mat & sneakers	£5 (discounted for charity)
11.30- 12.15	PILATES	Louise Champ Email to book More info here	Develop your body and posture, invigorate the mind, and elevate the spirit	Pilates mat	Free! (free for charity – please donate!)

Agenda : PM

	ACTIVITY	HOST	WHAT TO EXPECT	WHAT TO BRING/PREPARE	COST
12.30-13.00	KEY NOTE SPEAKER	Lauren Griffiths	Provocative talk to help you think about building your authentic personal brand from the woman who got 42 million views on LinkedIn	Feel free to bring lunch	
14.00-14.30	GROUP COACHING – GOAL SETTING	Jon Ford Learn more about Jon's work here	Be facilitated through a series of activities to refine your values-based goals, and inspired by the stories along the way!	Pen & paper	
PM	1:2:1 Climate Coaching (upon request)	Claire Goodman Email organisers to book (limited places)	Get inspired and focussed on the topic of climate change	A comfortable / warm place to sit	
PM	1:2:1 Personal Training (upon request)	Katie Siddle Email or whatsapp (+44 7922 331 781) to organise (limited places)	Focus up to you – release endorphins, improve strength and flexibility, feel great!	Space to exercise (eg living room / outdoors), mat & sneakers	£10 for 40m (discounted for charity)
16.30-17.20	GROUP MEDITATION & JOURNALLING	Nadia Woodhouse	Ground yourself with a blend of breath work, meditation, self-enquiry via guided journaling	A comfortable / warm place to sit, water, pen & paper	
17.30-18.30	COCKTAIL HOUR & CLOSE	Communal	Time to chat (split groups depending on numbers)	Cocktail / Mocktail / your choice!	

Coming out of
my cage and
I've been doing
just fine

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