

Book an Invigorating Conference Breaker



A fun group introduction to Nordic walking in the beautiful natural surroundings of Ashridge House

Get out of the boardroom into the
fresh air

Get off your seats

Get moving

Leave the phones behind

Get rid of the post lunch energy
slump

Guarantee a more productive
afternoon session



Qualified Nordic Walking UK instructor
Hilary Warrell

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Learn a new skill you may well fall in love with

Nordic walking is an activity that anyone can take part in regardless of their fitness levels

Physical activity can improve mental well-being: the positive effects on mood of sociable group exercise are well known

Happier, healthier people are likely to be more motivated, have better attendance, and be more productive in the workplace

Bring more awareness to your posture and breathing as you walk
– benefits to take back into the office and everyday life



Your group will be professionally guided through a warm up, fun partner drills and practice various up and downhill techniques in Capability Brown's beautifully landscaped Golden Valley