

Monday 5th October 2009

FOR IMMEDIATE RELEASE

SHAPE UP AND DE STRESS WITH NIA AT THE SPA AT ARMATHWAITE HALL

Amongst the first in Cumbria Armathwaite Hall Country House Hotel and Spa brings Nia classes to members of The Spa and local residents. Nia pronounced 'neeyah' is a mind, body and spirit technique all the rage in America is set to sweep the nation.

Nia standing for 'Neuromuscular Integrative Action' also means 'with purpose' in Swahili. Is a fusion of three martial arts, three dance arts and three healthy arts working on flexibility, agility, mobility and balance to suit all levels and abilities.

"I don't recall how I found Nia but as soon as I saw it I knew it was for me, free spirited and playful with great physical benefits...recently I have become aware of the need to make fitness fun and how important mobility and flexibility are as we mature"

Suzi ** fitness instructor and qualified Nia instructor at The Spa

Take off your shoes, leave your inhibitions at the door and allow your body to lead you to health and well being. The new classes begin Monday 2nd November at 9.15 and Saturday 7th November at 11.30 and will be free to members and hotel guests. Local residents are also welcome at a cost of just £5.00 per session or £32.00 for a course of eight sessions. Places must be booked and paid for in advance, to book your place call The Spa at Armathwaite Hall 017687 88900 or email thespa@armathwaite-hall.com

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About Armathwaite Hall Country House and Spa

One of the original stately homes of England Armathwaite Hall Country House Hotel and Spa is as romantic as the surrounding countryside. This Luxury 4 star Lake District Country House is magnificently set in the secluded splendour of 400 acres of deer park and woodland,

bordered by the beauty of Bassenthwaite Lake and framed by the dramatic Skiddaw Mountain and Lake District fells.

The Spa at Armathwaite Hall is open to locals as well as residents, with the choice of physical exercise or relaxation. The current facilities include: 16 metre infinity edge pool, thermal suite including hydrotherapy pool, steam room, sauna room, aroma room, heated bench and experience showers, outdoor hot tub, wallow pool, state of the art gymnasium, exercise studio, 'hush' tranquillity room, holistic salon, ten treatment rooms including a couples room and outdoor sensory garden.

The new Court Yard Bar and Brasserie which opened in July 2009, is open daily from 10am to 10pm, serving informal food from cappuccino to contemporary dining. The outstanding design and modern décor creates an inviting and relaxed atmosphere.

Contact details for Armathwaite Hall Country House and Spa

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Available Monday- Friday 9-5.30

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