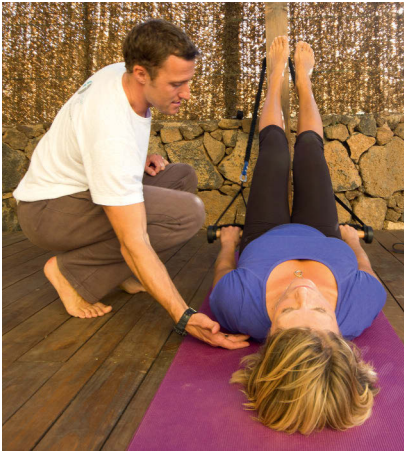


# Pilates retreats

Gentle stretching exercise – and fabulous food – on UK shores and further afield

Pilates focuses on stretching and strengthening the whole body to improve balance, long-term muscle strength, flexibility and posture. Although not much research has been done yet to explore exactly how it helps, it is increasingly recommended to people with arthritis and back pain, and it's suitable for people of all ages.



## Fuerteventura, Canary Islands

Azul Yoga & Pilates has extensive experience in teaching Pilates to people with arthritis and spinal conditions (above). At the heart of the retreat programme is Pilates tuition by a team of international instructors but the diverse schedule means you can pick and choose how much you want to do. A one-hour massage, brunch and five evening meals are included; on the remaining evenings you are free to enjoy the nearby award-winning tapas and seafood restaurants.

**When?** 18th–25th April

**How long?** 7 nights

**Cost?** From £475 per person

**Contact:** visit [www.azulfit.com](http://www.azulfit.com) or tel 00 34 928 864 018.

## Selva, Mallorca

Mermaid Wellbeing runs a Pilates retreat from the boutique Hotel Son Arnau in the sleepy village of Selva, Mallorca. Outdoor Pilates takes place in the mornings (there are two sessions,

each for one hour). The rest of the time you can check out the beautiful hotel beach (bottom left), relax in the infinity pool and enjoy delicious meals.

Breakfast is included along with four dinners in the hotel and two nights out at fabulous local restaurants. The more energetic guests can take part in a cycle tour with lunch.

**When?**

7th–13th May  
and 2nd–8th  
October

**How long?**

6 nights

**Cost?** £1,099 per person (based on twin sharing)

**Contact:** visit [www.mermaidwellbeing.com](http://www.mermaidwellbeing.com) or tel 07810 446364.

## Marrakech, Morocco

Just a short drive from old-town Marrakech, Peacock Pavillions is home to a week-long Pilates retreat that's combined with spa treats and excursions in the surrounding area.

Daily Pilates classes last for a minimum of two to three hours a day, along with scrubbing and breathwork sessions and an introduction to "waking energy".

Breakfast and a variety of delicious meals are included.

**When?** 1st–7th March

**How long?** 6 nights

**Cost?** £1,470 per person.

**Contact:** visit [www.pilatesretreatasia.com](http://www.pilatesretreatasia.com)

## The Lake District, UK

Sarah took up Pilates in 1990 when her osteopath advised it would help her muscular, back and neck problems and has since trained specifically



to teach people with osteoarthritis and osteoporosis. She now offers regular classes in London and three-day luxury retreats elsewhere, one of which takes place in the Lake District (above).

The first day begins with a welcome drink followed by a delicious dinner. Pilates classes start early the following morning and involve two sessions (each for two hours) and clients can also benefit from massage in between from one of London's top therapists.

Foodies will enjoy breakfast or brunch and a three-course dinner with wine in the evenings.

**When?** 4th–7th May

**How long?** 3 nights

**Cost?** £579 per person (based on twin sharing)

**Contact:** visit [www.sarahpilates.com](http://www.sarahpilates.com) or tel 020 7722 4373.

## St Andrews, UK

Morton of Pitmilley (below right) is a luxury self-catering resort set in stunning open countryside just outside St Andrews where bespoke Pilates retreats are arranged for small groups.

Tuition is by the renowned teacher and former dancer, Fred Jamieson, and retreats include five-star accommodation, a spa treatment, breakfast hampers and lunch, use of a swimming pool, gym and indoor tennis court.

**When?** Spring 2015

**How long?** 4 nights

**Cost?** About £415 per person

**Contact:** visit [www.pitmilley.co.uk](http://www.pitmilley.co.uk) or tel 01334 880466. **AD**



Susie from Mermaid Wellbeing focuses on Pilates breathing and relaxation techniques, functional movement and restorative treatments to optimise health

