

RETREAT 2018

« REGAIN YOUR ENERGY »

1st-4th of ~~November~~ 2018



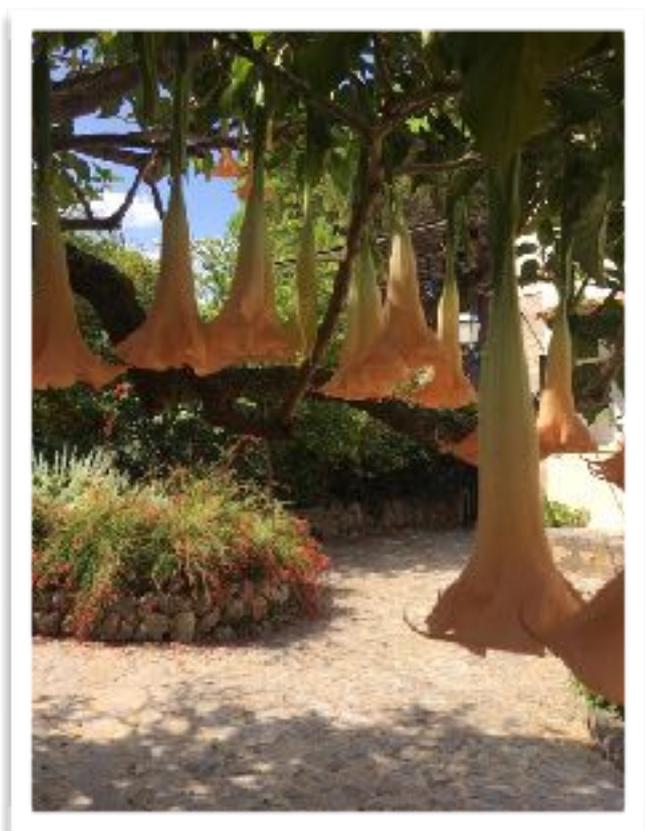
« Mallorca has always been for me, a place where I get back my energy and I always leave the island feeling centered, energized and focused. The light, the beauty of the island, the food and the calm is what bring the senses back to life! »

Cecilia



Theme

We are approaching the end of the year, our summer memories seems to be far behind us, but soon we need to prepare for the festivities of Christmas and ringing in, yet a New Year. What better moment get in shape, still feel the warmth of Mallorca and to get ENERGIZED !



PILATES

My retreats are open for everyone, all levels, however we will do 2-3 hours of Pilates everyday, starting the morning with a jog in a breathtaking beauty of the surroundings of Soller, followed by doing Pilates with a view over the blue sea. My Pilates is athletic, fun and challenging. As I always say, do the best you can, follow as much or as little as YOU want. This is YOUR time.

We will stretch, enjoy a healthy breakfast, fresh juices, hiking in the stunning Tramuntana mountains and relax by the pool.

For any questions about Pilates, moves, breathing - I am there to help and explain.



Cas Bernats - a Home away from home

Our stone finca is located on the top of the mountain, 10 min by car above Soller, west of Palma, in the Tramuntana mountains.

Natural stones, nature, the almost 360° view of the sea makes Cas Bernats a stunning and tranquil

place to be. A perfect home to practice mindfulness and meditation.



We have several types of room, double or single. Remember, it is not necessary to travel with a friend. We will be a group of people and you will make new connections and friends. Here in Mallorca we will all connect and have a great time together!

SCHEDULE

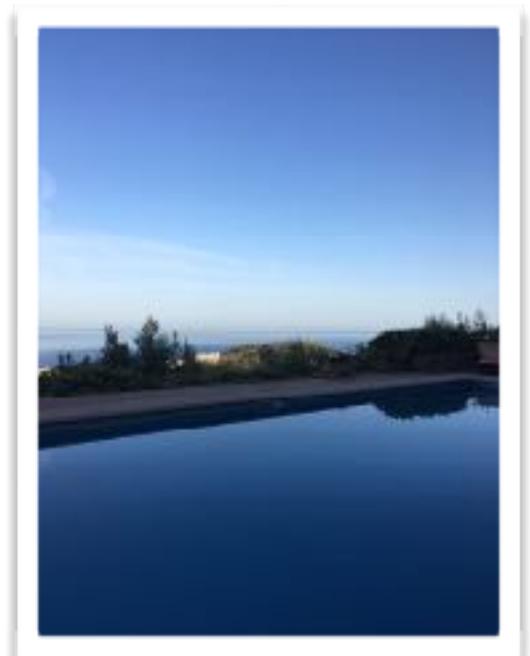
(could slightly change but days at the retreat looks something like this)

7am Pre Pilates cocktail (no... alcohol)

7.30-8.30 Morning jog

8.45-9.45 PILATES

10 am Breakfast/Brunch



FREE TIME, explore the island, have a massage,

eat, read, swim, shop - REST, and indulge in things that makes you HAPPY!

4pm - 6pm Hike in the mountains (day 2), trip to Palma (day 3)

6pm-7pm PILATES

20pm DINNER



FOOD

The food that we will be eating will be locally grown, organic food. Our chef, Louise has grown up on the island and she has always been interested in natural, clean cooking. It will be a pleasure to the eye, and to the pallet to enjoy her incredible vegetarian cooking!

What's included?

2-3 classes of Pilates per day

Guided running and how to improve

Trekking with local guide

One Palma visit or acrobatic gym class

Outstanding accommodation and beautiful pool and plenty of room to relax and re-energize

Top notch brunches and 3 course dinners

All teas and coffees and water

1 homemade veggie/fruit juice



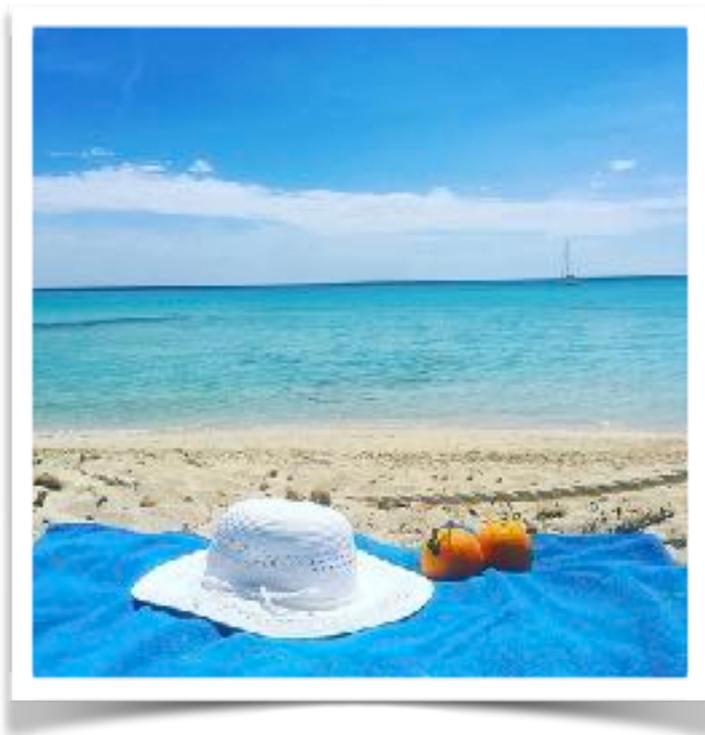
What is not included?

Flights

Massages

Transport to and from the airport. I will hook you up to a Whats Up group so you can organize taxi shares or even rent a car together. Soller is easy to find and driving is not difficult on the island. Soller is about 45 min drive from the airport. Palma center is 30 min from Soller.

Tip: You can book to single flight trip with different companies, to get best price/time.



Price and how to register:

Total price is 960€, and you email to declerckcecilia@gmail.com to reserve, with a 480€ payment to Profile Pilates

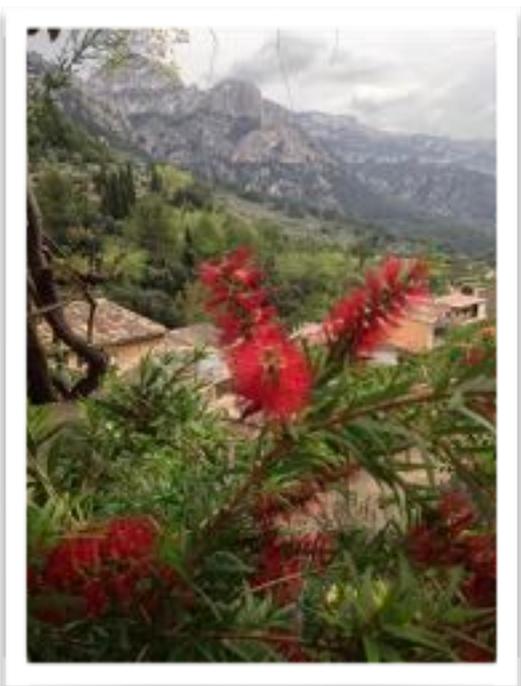
BE93363-0861387-67. One month before your departure the rest of 480€ should be paid. Please put your name in the communication.

Reimbursements will only be done on the second half of the payment with a valid doctors certificate. You can sell your reservation to a friend, if needed.

If, for some reason the trip gets cancelled, you will be reimbursed to 100%.

Total number of spaces available is 10 people as the retreat should be small and intimated.

We meet around 4pm and check out is at noon.



Love Cecilia



Profile Pilates

ABOUT ME:

For over 10 years I have been fortunate to do a job that I love. The human body is a mystery and not one person is the other one alike. To be truly fulfilled in life I believe one have to do something that you are passionate about - I am. Fully certified Pilates instructor in Balanced Body, licensed by Martine Curtis in Paris. I own a Pilates Studio in Brussels, Belgium, and now I will combine my two passions - Sports and Nature. With my 13 year old daughter and too many dogs (yes, there is such a thing), we spend all our time outdoors. Rain or shine. As horse back riders, Pilates gives me and my daughter the perfect balance between strong core and flexibility. A combination that is essential regardless your activity.

Hope to see you in Mallorca!

Cecilia

www.profilepilates.be

Facebook Profile Pilates Waterloo

