



PILATES REFORMER RETREAT IN SOUTH OF FRANCE 18-23RD MAY 2027

JUST 20 MINUTES FROM SAINT TROPEZ



Designed for Reformer Pilates retreats, Villa Higo is situated above Rayol-Canadel-sur-Mer offering the perfect setting to slow down, connect and move together.

Introducing Movement Sessions by the pool or in the sea-view studio, and punctuating the day with a shared Longevity Focused menu.

Spend an afternoon in Saint-Tropez, browse the Provençal markets, or simply stay by the 15-metre pool and relax, Lynn, Cat and Karen will be there to welcome your group, and run your retreat.

Villa Higo is a reformer retreat venue that captures the true spirit of the French Riviera, with sunsets over the sea and the islands beyond.



**Join us for a tailored Pilates retreat
overlooking the ocean to nourish your body,
mind and soul >**

WHAT'S INCLUDED

- ACCOMMODATION IN VILLA HIGO – THE FIRST EXCLUSIVE REFORMER PILATES RETREAT VENUE IN THE SOUTH OF FRANCE
- LONGEVITY INSPIRED MEALS PREPARED BY OUR PERSONAL CHEF (BREAKFAST, LUNCH & DINNER IN VILLA)
- 3 CLASSES PER DAY, INCLUDING REFORMER PILATES; MAT PILATES; YOGA; TONING
- TIME TO RELAX & RECHARGE
- HIKE & WINE TOUR
- TRIP TO SAINT TROPEZ
- COOKING CLASS
- FUN GROUP GAMES

ACCOMMODATION



This retreat takes place in a beautiful and intimate setting, Villa Higo comprises of 9 double ensuite bedrooms and 3 Twin ensuite rooms, 6 of the Double Bedrooms also have a Sea View and a Balcony.. 1 of the Twin rooms has a partial sea view.

FOOD



Enjoy a curated menu to satisfy your senses and nourish your body. Designed with longevity in mind, but as with everything in life, a balance of some health promoting foods and some indulgences will be offered.

ACTIVITIES



Your week will include a minimum of 3 Classes per day; Full Board; Hike & Wine Tour; Trip to Saint Tropez; Cooking Class; Fun Group Games but also offers you plenty of time to relax and recharge either by the pool or if you want to venture out & about.

THE EXERCISE!

REFORMER PILATES



- We have up to 12 premium reformers and accessories set up with beautiful view (Note: Teaching will be in smaller groups)
- Enjoy our tailored programme delivered by Lynn & Karen

MAT PILATES, YOGA & TONING



- Enjoy optional Mat Classes, Sundown Yoga and Legs, Bums & Tums overlooking the ocean

Your Accommodation Options

DOUBLE ENSUITE
1 AVAILABLE

Single Occupancy: £3100

Payment: 30% on booking (£930); 30% by 8th Jan (930 pp); remaining 40% (£1,240) by 18th March

Save & Share with Double
Occupancy:
£2450 per person

Payment: 30% on booking (£735 pp); 30% by 8th Jan (£735 pp); remaining 40% (£980 pp) by 18th March

TWIN ENSUITE
1 AVAILABLE

Price per Person Sharing:
£2650

Payment: 30% on booking (£795); 30% by 8th Jan (795 pp); remaining 40% (£1060) by 18th March

TWIN ENSUITE SEA
VIEW
1 AVAILABLE

Price per Person Sharing:
£2850

Payment: 30% on booking (£855); 30% by 8th Jan (£855 pp); remaining 40% (£1140) by 18th March

DOUBLE ENSUITE
SEA VIEW & BALCONY
7 AVAILABLE

Single Occupancy: £3600

Payment: 30% on booking (£1080); 30% by 8th Jan (1080 pp); remaining 40% (£1440) by 18th March

Save & Share with Double Occupancy:
£2950 per person

Payment: 30% on booking (£885); 30% by 8th Jan (885 pp); remaining 40% (£1180) by 18th March

What’s Included: Ensuite Accommodation for 5 nights in Hilltop Villa; Full Board including a Longevity Inspired Menu; 3 Movement sessions per day (reformer/Mat/Yoga/Legs Bums & Tums); Provencal Cookery Class; Hike & Wine Tour; Trip to Saint Tropez (Group transport).

What’s not Included: Flights, Transfers, personal holiday insurance.

Optional extra’s: We can organise Transfers at an additonal cost. We can organise Massages at an additonal cost.

Examples of Rooms





WANT TO KNOW MORE OR BOOK?

Contact: retreats@longevityswot.com

LONGEVITYSWOT
RETREATS LTD