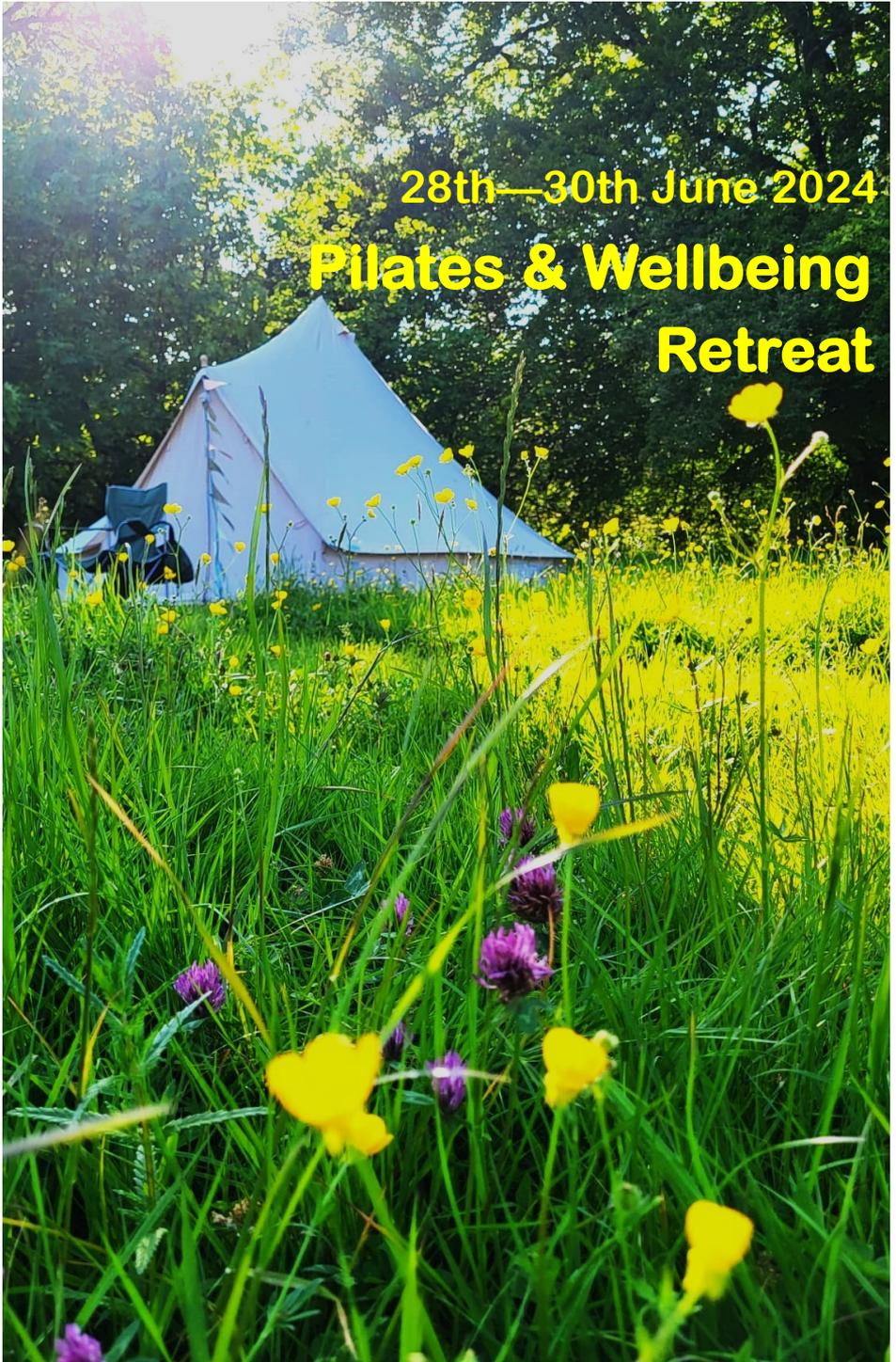


28th—30th June 2024

# Pilates & Wellbeing Retreat



# Find us in the heart of Wales...

..for a long weekend of escape.

Descend a hidden track to enter a tranquil haven of nature and peace, set alongside the cool and calming River Vrynwy.

This is your opportunity to restock your mental and physical self, allowing the amazing benefits of nature to restore and balance your life. Take a complete break from your "busy" and switch off the world.



**Accommodation:** Choose camping or glamping. Hideaway with up to four friends at "Cuddfan Bach" amongst your own private woodland or take "The Boatshed" for a luxury riverside spot with balcony.

Bell Tents and private camping circles are located amongst a wildflower meadow with wide open spaces to enjoy. There are many hands to help you pitch up a tent with the choice of a river view, forest vista or both.



**Venue facilities:** Our retreat has exclusive use of this eco campsite and all facilities for the whole weekend. Open air Mediterranean style kitchen-diner with washing up area; rainfall shower rooms with toilets, sinks, mirrors and toiletries.

The sheltered barn is the hub of the camp, the perfect spot to enjoy breakfast, prepare meals, read a book, socialise or even dance!





**Catering:** A welcome picnic will greet you on arrival and for the remainder of the weekend you have unlimited and free access to a well stocked larder and fridge for a selection of food and drink essentials. Included is a range of black & herbal teas, hot chocolate and coffees; juice, milk, bread, rice, potatoes, grains, pulses, soups, salad, butter, farm eggs, oils, sauces, fruit & snacks. You are invited to bring your own meat or fish to cook or BBQ as you wish as an addition to any of the food provided. Firepits and firewood freely available, no need to worry about packing the charcoal. A sumptuous buffet breakfast is included each day; including granola, cereals, fresh eggs, avocados, breads & pastries, fresh berries, fruit, Greek yoghurt, juices.

On Friday & Saturday evening there is a communal BBQ fired up for all. Fridays night is bring your own meat or fish (rice/salad/jackets provided). Saturday afternoon you will be invited to join in with the preparation of a one pot vegetarian dish with the recipe and full ingredients all provided. Feel free to bring your favourite drinks or meat additions along!



Whether you intend to help yourself to the complimentary catering, bring your own or both, there will be plenty to share. I hope you find yourself pulling up a seat, breaking bread and enjoying good company in the great outdoors.



**Hello!** I'm Pauline and I'd like to invite you to an exclusive 'return to life' experience. It will be small and intimate with limited places on offer.

Inspired by the work of Joseph Pilates, who valued a good balance of movement, fresh air, sunshine, play, swimming and sleep... **for complete co-ordination of body, mind and spirit.** Who needs anything more than that?

If you're ready for this, then come along and join us, this is for you!



## A HINT OF WHAT'S ON...

### 2pm Friday:

Welcome Picnic & Bubbles

Time to set up camp... chat, take a wander, explore

Outdoor Aromatherapy & Pilates

Relaxation & Meditation

Campfire cooking



### Saturday:

Pilates in the wildflower meadow

Wild swimming at the river

Afternoon walks, relaxing, communal cooking event—"me time"

Evening feasting and campfire fun, marshmallows, hot chocolates & more

Bring your blankets to the meadow, stargazing and satellite spotting

**Sunday:** Pilates, Meditation & Goodbye gathering

## Complete Weekend Prices from £230



**Boatshed by the river** £375pp - 2 sharing. King size bed & sofa bed, log burner, kitchenette, wc, balcony, pebble beach with outdoor seating, outdoor bath, firepit & rainfall shower. Min. 2 persons.

### Cuddfan Bach—Private Woodland Grand Bell Tent

£330pp -2-4 sharing. A real hide-away spot. Double bed & 2 sgls, private kitchen & dining, fire circle & wc.. Min. 2 persons

### Secluded Camping or Glamping on a private spot in the wildflower meadow:

£230pp – bring your own tent or campervan

£290pp – Book a glamping ready erected Bell Tent with Real beds/linen (min. 2 persons)

