

Love Pilates Wellness Retreat 15 - 17th July 2022

"The acquirement and enjoyment of physical well-being, mental calm and spiritual peace are priceless to their possessors, if there is any such fortunate living among us today"

- Joseph Pilates "Return to Life" 1945

Join me in the heart of Wales...

..for a weekend of pure escape.

Descend the idyllic tree lined track and enter the tranquil haven of Camp Plas. This retreat is your opportunity to restock your mental and physical reserves, allowing the amazing benefits of taking a break and being in nature, to return to your life.



Accommodation: Indulge yourself in some real 'me time' in your very own secluded glamping or camping spot. Choose the luxury of the 'Boatshed' with a king size bed and river view, glamp it up in a Bell Tent or bring your own tent and pitch up amongst the wildflower meadow.

This weekend will offer you everything you need to reset, kick back and relax.

Camp facilities: Communal open air kitchen-diner with washing up area; rainfall shower rooms, toilets, sinks & mirrors.

The sheltered barn is the hub of the camp with extra seating for food preparation, outdoor cooking, dining and socialising.





Catering: Included in your retreat is a plentiful selection of ready to prepare food and drinks. You will find all the basics you need in the kitchen, along with firepits and firewood, ready for you to be creative with your outdoor cooking skills.

A well stocked larder and fridge will offer plenty of fresh seasonal vegetables, salads and fruits. Unlimited teas/coffees/juices; fresh and plant based milks, butter, yoghurt, snacks, free range farm eggs, sauces; oil, herbs, spices, garlic; oats, museli, potatoes, rice, pasta and pulses; breakfast pastries and breads.

On Saturday evening there will be a communal BBQ fired up for all. You will be invited to join in with the preparation of a one pot veggie dish for which the recipe and full ingredients will be provided. Please feel free to bring with you your own meat, fish or vegetarian additions as well as your favourite drinks or tipples .



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' wellness experience. It will be small and intimate with limited places on offer. Inspired by the work of Joseph Pilates, who valued the importance of movement, fresh air, play, swimming and sleep for complete co-ordination of body, mind and spirit, I can't imagine a better location as the backdrop for this retreat.



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

A HINT OF WHAT'S ON...

Friday: Arrivals from 2pm

There will be a warm welcome to greet you at the barn. Time to set up camp... chat, take a wander, explore

Outdoor Evening movement session and Meditation

Campfire cooking and DIY hot potatoes



Saturday: Outdoor morning Pilates, Wild swimming at the river

Afternoon walks, Aromatherapy

Evening communal BBQ, feasting and fires, marshmallows and chocolate bananas

Blankets in the meadow, star gazing and satellite spotting

Sunday: Wide awake Pilates & Water Meditation

Goodbyes: Sunday 12pm



Complete Retreat Prices



The Boatshed £295pp - 2 sharing / £265pp - 3

(king size bed & sofa bed, log burner, kitchenette, toilet, balcony, pebble beach with outdoor seating & firepit. Rainfall shower facilities at the main barn. Min. 2 persons)

Fully equipped glamping Bell Tent £240pp - 2 sharing / £225pp-3 / £220pp-4 (double bed, fold up singles/sofa bed, linen, lights, compost toilet, firepit. Min. 2 persons)



Spacious private camping spot amongst the wildflowers £195pp—bring your own tent, or enquire about a ready-erected tent £25pp extra. Max. 4 persons per tent

