



PILATES IN THE PYRENEES RETREAT



HELEN'S INFO

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Helen Pybus is one of the UK's most sought after Pilates Presenters having been actively involved in the mind-body field on a national level since 2002. During that time she has studied a variety of disciplines and has taught and tutored the Pilates method worldwide.

She is a proud tutor and student mentor for the Pilates method and continually studies and trains in Pilates with world-renowned masters of the method, so she can give her clients the very best there is to offer.



Helen's skills and dedication have been noticed by other professionals within the industry on many occasions. Since 2002 Helen has taken time to share her knowledge with others at an international level, presenting Pilates worldwide on retreats, at major fitness conventions across the UK and guest presenting her masterclasses at Champneys Health Resorts, Fitness Fiesta, FitCamps, Potters Resort, YogaFit Ibiza, High Lodge Retreats and the International Fitness Showcase.

Helen came 2nd in Female Fitness Instructor of the year at the Fit Pro Awards UK 2020 and was nominated again for 2021/22 for 'Female Fitness Instructor' and 'Fitness Presenter'. She was also named 'Community Hero of the Week' at the end of 2020 for her dedication to keeping her community mentally and physically well throughout the Covid19 Pandemic.

FERME DE CANDELOUP



CLICK HERE TO WATCH
WELCOME VIDEO

Situated at the foothill of the French Pyrenees, Ferme de Candeloup is a 260 year old Bearnaise farm that has been transformed to offer a simple, stylish holiday environment in stunning, tranquil surroundings.

Accommodating up to 10 guests over six individually detailed en-suite rooms & a self-contained apartment, this under the radar haven with a pool, Pilates studio & communal dining room will appeal to a wide range of retreat lovers!



WE HAVE SOLE OCCUPANCY TOO!

We have a purpose built, fully-equipped studio with floor to ceiling, bi-fold doors opening out onto a large wooden deck with views of the pool, vineyards and mountains beyond. It's

a perfect spot to start your day with with your favourite Pilates class...

After your morning class/afternoon swim you can take to the shade under the trees to read your favourite book or take a siesta in the hammock.

There's a bright, communal dining room and a shaded outside terrace for eating al fresco and sampling the local French wine.

Host Mel makes the most delicious home-cooked food using locally sourced, homegrown where possible fresh, health-conscious ingredients.



ACCOMMODATION

All six bedrooms are on the first floor. Access is via a staircase. Each room is individually styled and has air-conditioning and a private, en-suite bathroom – towels and toiletries are provided.

RETREAT INFORMATION

The retreat includes 2 daily Pilates classes, full board accommodation, 3 meals a day, unlimited wine with evening meal – all dietary requirements are catered for.

Heating, linen, toiletries and all Pilates equipment are also included.



A SELECTION OF EXAMPLE CLASSES

- Flex Band Pilates
- ChiBall for stretch and relaxation Small Ball
- Pilates
- Trigger Point Pilates (spikey Balls)
- Pilates Stretch
- Garuda Movement
- Relaxation
- Mobilise your Spine



TYPICAL DAY:

9.00am.-10.00am - Breakfast

10.30am-11.30am - Pilates

1.00pm-2.00pm - Lunch

2.00pm-4.30pm - Free Time/Trip into town/Wine tasting

4.30pm-5.30pm - Pilates

7.00pm-9.00pm -Dinner

Optional excursions can also be arranged (transport fee not inc)

- An afternoon shopping trip to Pau
- A trip to the coast Saint Jean de Luz
- A visit to Lourdes or Biarritz
- Local wine tasting [free]



Retreat prices are as follows:

Triple with 3 sharing £600.00 pp

Triple with 2 sharing £700.00

Double/twin with 2 sharing £705.00 pp

Single Room £755.00 pp

Single occupying a double/twin £855.00 pp

Transfer from Lourdes airport to retreat centre 25 Euros return

Transfer from Biarritz airport to retreat centre 35 Euros return

Flights are not included, the average flight cost is £100.00 with budget airline





To book your place please transfer £100 (non-refundable) to

Mrs Helen A Pybus

Sort 40-35-75

Account 80006084

By paying your deposits you agree to the terms and conditions below.



TERMS AND CONDITIONS

Cancellation Policy

Cancellations made by the client within 12 weeks of departure date will receive a 75% refund. Minus the deposit.

Cancellations made by the client within 8 weeks of departure date will receive a 50% refund. Minus the deposit.

Cancellations made by the client within 4 weeks of departure date will receive a 25% refund. Minus the deposit.

Cancellations made due to a COVID 19 lockdown will receive a full refund including the deposit.

Cancellations made by the event organisers will receive a full refund including the deposit.

For further information – no question is too small!

Please contact -

Helen Pybus

info@helenpybus.com

07814 651 740

I look forward to meeting you

love Helen xxx

