

PILATES IN THE

PYRENEES RETREAT

OUR RETREATS

Escape to the breath taking **picturesque views** nestled in the heart of the Pyrenees for an unforgettable Pilates Retreat, where you'll enjoy **complete relaxation and rejuvenation.**

With **sole occupancy**, you'll have the entire retreat centre to yourself, ensuring maximum privacy and tranquillity.

In between your daily Pilates classes take a dip in our outdoor heated **private swimming pool**, unwind in the **hot tub**, and let your worries melt away in the **serene mountain setting.**





Led by Pilates presenter **Helen Pybus**, you'll enjoy 2 daily Pilates classes designed to strengthen your body, improve your **posture, increase mobility and flexibility** while also promoting inner calm, balance and wellbeing.

This retreat offers the perfect combination of mindfulness, relaxation, and natural beauty - a truly unforgettable experience.

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A selection of sample classes

- Trigger Point Pilates (spikey balls)
- Pilates Stretch
- Small Ball Pilates
- Theraband Pilates
- PureStretch
- ChiBall Massage
- Mobilise Your Spine
- Better Backs
- Relaxation

YOUR ACCOMMODATION

Our retreat features **stunning ensuite rooms**, located on the first floor and accessible via a beautiful staircase.

Each of our **8 bedrooms** has its own private bathroom, ensuring maximum privacy and comfort. Individually styled with careful attention to detail, our rooms are the **perfect sanctuary** for your relaxation and rejuvenation. You'll appreciate the comfort of **air conditioning**, and the convenience of having towels and toiletries provided for you. Hairdryers are also available.



YOUR CUISINE



At our retreat, we believe that delicious, **locally sourced food** is an integral part of any truly rejuvenating experience. That's why our host Mel prepares a beautiful cuisine using only the **freshest, locally grown ingredients** for breakfast, lunch, and supper.

We pride ourselves on catering to **all dietary requirements**, so you can enjoy every meal with complete peace of mind.

To make your evening meal truly special, we offer **complimentary wine** with supper.

So sit back, relax, and let us take care of everything while you savour every bite of our delicious, home-cooked meals.

WHAT'S INCLUDED

- 2 daily Pilates classes
- Mats and Pilates equipment
- Full board accommodation
- Ensuite room
- Breakfast, midday and evening meal
- Complimentary wine with evening meal
- Towels and toiletries
- Pool towel
- Unlimited tea, coffee, herbal/fruit teas from our communal dining room

**Optional excursions can
also be arranged (transport
fee not included)**

- 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)



MEET HELEN

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Meet Helen, a renowned Pilates International Presenter, QVC TV Presenter, and Master Trainer for both Pulseroll UK and PureStretch.

With over **20 years of experience** in the Mind Body field, Helen has become a **leading presenter on Pilates and Wellness**.

As a sought-after presenter, Helen has been featured on numerous Mind Body conventions around the world, inspiring audiences with her **expertise and passion** for improving well-being.



Helen is also a specialist in **organizing and leading Pilates retreats** in the UK and Europe, creating unique and transformative experiences that combine movement, mindfulness, and relaxation.

With her unique teaching style and wealth of knowledge, Helen is committed to helping others achieve their health and wellness goals.



RETREAT PRICES

Triple Ensuite Room 3 sharing	£600.00 pp
Triple Ensuite Room 2 sharing	£750.00 pp
Single Ensuite Room	£800.00
Double/Twin Ensuite Room 2 sharing	£700.00 pp
Double/Twin Ensuite Room 1 sharing	£850.00 pp



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

Transfer from Lourdes airport
to retreat centre 35 Euros return
Transfer from Biarritz airport
to retreat centre 50 Euros return



PAYMENT DETAILS



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 & CONDITIONS



CANCELLATION POLICY

1. Cancellations made by the client within 3 months of retreat date will receive a 75% refund. Minus the deposit.
2. Cancellations made by the client within 2 months of retreat date will receive a 50% refund. Minus the deposit.
3. Cancellations made by the client within 4 weeks of retreat date will receive a 25% refund. Minus the deposit.
4. Cancellations made by the event organisers will receive a full refund including the deposit.

By paying your non-refundable deposit you agree with the terms and conditions stated above.

For further information – no question is too small!
Please contact, Helen Pybus

info@helenpybus.com
07814 651 740

love Helen xxx
I look forward to meeting you

