



YOGA AND PILATES

PYRENEES RETREAT



HELEN'S INFO



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 UK awards 2020 and is nominated again for 2021 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 fit and well throughout the Covid19 Pandemic!

SUE'S INFO



Sue Woodd has been working in the field of Complementary Medicine for the past 30 years, founding her own school in 1991. A Senior Instructor with the T'ai Chi Union of Great Britain, she is co-principle of the Seasonal Yoga teacher training School (seasonalyoga.net) who last year alone trained over 70 teachers worldwide. Sue is a registered teacher affiliated with Yoga Alliance (500 EYRT) and YACEP a continuing education provider. She is also an International Master Trainer and trains fitness instructors, lectures and teaches for leading Health Farms.

She has written and designed courses for Fitness Companies worldwide and written and published books on Seasonal Yoga and Chi Kung and the Ancient Art of Face Reading. At the moment she is also working on the Yo-chi Programme and mindfulness for schools, teenagers, teachers and seniors.

Sue also loves to work one to one with people using all her skills and energetic anatomy to maximize health



FERME DE CANDELOUP

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 14 guests over six individually detailed en-suite rooms and a self-contained apartment, this under the radar haven with a pool, yoga studio and 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 an early morning sun salutation or 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 2-3 daily Yoga and Pilates class, evening talks, full board accommodation, 3 meals a day, wine with evening meal – all dietary requirements are catered for.

- Heating, linen, toiletries and all Yoga/Pilates equipment is also included.



A SELECTION OF EXAMPLE CLASSES

- Seasonal Yoga and Qigong
- Flex-Band Pilates
- Small Ball Pilates
- Garuda movement
- Stretch and Relaxation
- Yogalates
- Yoga working with Bandhas and Fascia
- ChiBall sessions to relax and unwind
- Pilates Stretch
- Chi Kung exercises to increase vitality
- Techniques for healing and increasing energy
- Meditation and mind training techniques
- Meridian (energy pathway) stretches to unblock the flow of Chi (Prana in the body)
- Talks on vitality maintenance and the seasonal approach to living well.....and much more!



TYPICAL DAY:

8.00am-9.00am – Yoga

9.15am.-10.15am – 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 – Yoga/Pilates

7.00pm-9.00pm – Dinner

Evening talk x3

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

- Walk to the Vineyards for local wine tasting (free)
- A trip to the coast Saint Jean de Luz
- An afternoon shopping trip to Pau
- A trip to Lourdes or Biarritz



Retreat prices are as follows:

Triple with 3 sharing £783.00 pp

Triple with 2 sharing £880.00 pp

Double/twin with 2 sharing £840.00 pp

Single Room £905.00 pp

Single occupying a double/twin £950.00 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





Contact details for more information

Sue Woodd

sue@suewood.com

Helen Pybus

info@helenpybus.com

To book your space please BACS £100.00 (non-refundable deposit) to -

Mrs Sue Woodd

Sort 40-08-21

Account 41429779

By paying your deposit 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.

Balance payable 4 months prior to departure

For further information – no question is too small!

Please contact -

Sue Woodd

sue@suewoodd.com

07788 584 746

Helen Pybus

info@helenpybus.com

We look forward to meeting you
love Helen and Sue xxx

