

The Pilates Plus

LUXURY 1 DAY RETREAT

Presented by **Helen Pybus &**
Guest Presenter **Marie Tur**

Saturday 21st September 2024
9.30 am – 5 pm

Ivy House Country Hotel
Oulton Broad, Lowestoft, Suffolk NR33 8HY

A full day of Pilates,
Fascia, Mindfulness
and Relaxation
featuring 'Silent Disco'
with special guest
Marie and her
infamous 'ABBA walk
in the marshes' and
Pop Disco Party!

Cost £97
includes Lunch
Deposit £47
(non-refundable)
£50 balance

To register please email: info@helenpybus.com
www.helenpybus.com for all retreats