

PILATES IN ANDALUSIA



INCLUDED IN THE PACKAGE

Treat your mind, body, and soul to a week-long Pilates holiday embraced by the warmth and splendour of the Andalusian region. Experience gentle awakening and total rejuvenation with daily Pilates lessons headed by a professional instructor who'll teach about body control technique and its benefits. Aside from delivering fun, flowing and restorative lessons, the instructors can also customize the lessons according to your needs and medical background.

Suited for any age and ability, this wellness retreat is organized into small group, giving you plenty of time to work with your instructor at your own pace and level. This course strikes the perfect balance of leisure, health and fitness, allowing you to pick up important routines as well as delight in the nurturing properties of nature. The lessons are held in a gorgeous country style villa surrounded by dramatic hilly surrounds, complete with idyllic inside and outside spaces for classes, an elegant swimming pool and tennis court.

This tour is solo-traveller friendly and doesn't charge a single room supplement.

Departure Dates:

2019: SOLD OUT

2020: April 25 - May 2 October 10 - 17 October 17- 24

HIGHLIGHTS

- Pilates lessons in the stunning 15-century villa
- Relaxing beach excursion in La Herradura
- Tour of Granada, the Moorish Jewel and the Alhambra Palace

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Your Destination