



THURLESTONE HOTEL



PILATES RETREAT

WITH ANNITA COLE, PILATES SOUTH WEST

Suitable for complete for beginners and those with some experience

FRIDAY 17TH TO SUNDAY 19TH
NOVEMBER 2017



Owned and managed By the Grose family since 1896

Thurlestone, Kingsbridge, Devon TQ7 3NN Tel: 01548 560382

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ABOUT PILATES SOUTH WEST



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www.pilates-southwest.co.uk/

At Pilates South West, we are passionate about healthy optimum movement, and we would like to share this with you!

Through the method of Pilates that we teach, we will encourage you to create awareness and pay attention to your mind and body, as you are moving. The impact this has on our whole body wellness, can be profound.

The primary thing that we feel makes Pilates South West different, is that whether on mats or in the Studio, we only teach small groups of people. Our successful Pilates method depends on precision, and as such we will always want to be able to watch you, and give you as much individual guidance as is required.

If we had to describe a 'goal' that we aspire to, it would be for you to live your life in a comfortable body; freedom and comfort to be able to do the things you love to do.

"A body free from nervous tension and fatigue is the ideal shelter provided by nature for housing a well balanced mind, fully capable of successfully meeting all the complex problems of modern living" Joseph Pilates



PILATES RETREAT PRICE

FRIDAY 17TH—SUNDAY 19TH NOVEMBER



INLAND ROOM : £335 PER PERSON FOR TWO NIGHTS

SEA VIEW ROOM : £385 PER PERSON FOR TWO NIGHTS

PREMIER ROOM : £395 PER PERSON FOR TWO NIGHTS

DELUXE ROOM : £475 PER PERSON FOR TWO NIGHTS

These rates are based on two people sharing, (limited single occupancy rooms are available). Includes: two nights dinner, bed and breakfast, use of the Voyage Spa facilities, 7 Pilates Sessions and lunch in the Village on Sunday afternoon.

Should you wish to come as couple but your partner would not like to take part in Pilates normal Dinner, Bed and Breakfast rates will apply.

Should you wish to book the Pilates Retreat please call our reservations team on 01548 560382 or email enquiries@thurlestone.co.uk

Please note terms and conditions apply, subject to availability.

FRIDAY 17TH NOVEMBER

5.00pm: Welcome Tea and Biscuits will be served in the lounge.

5.30pm—6.30pm: Pilates Introduction.

7.30pm : Group Dinner in the Trevilder Restaurant.



RESTORE YOUR SENSES IN THE VOYAGE SPA

Pre book any treatment in the voyage spa and receive a 10% discount.

To the view the Voyage Spa treatment list please visit www.thurlestone.co.uk



SATURDAY 18TH NOVEMBER

7.30am – 8.00am:
Meditation /Breathing /Wake up stretches

8.00am – 10.00 am Breakfast in the Trevilder

10.00am-11.15 am Pilates Class

After this Pilates class take some time to use the hotel facilities and relax in the Voyage Spa or enjoy a walk around the South West Coast Path guided by Annita

4.30 – 5.45 pm – Pilates Class

5.45- 6.15pm – Guided Relaxation



SUNDAY 19TH NOVEMBER



7.30am – 8.00am:
Meditation/ Breathing / Wake Up Stretches

8.00am – 10.00am: Breakfast in the Trevilder

10.00am -11.15 am Pilates Class

12.30pm Two course light lunch in the Village Inn

