

PILATES FOR HEALTH, WELL-BEING AND RELAXATION

13 - 16 JUNE / 12 - 15 SEPTEMBER

3 days of pure relaxation

Imagine having the chance to think, breathe, relax and focus – whilst being guided through a beautiful three nights of gentle Pilates tuition, understand how it can help you reduce back pain, great food and wine, wonderful nature, and a chance to enjoy the Southern French Countryside.

From airport transfer, carefully prepared meals, drinks, and the occasional relaxing local visit (if you choose) – every detail has been taken care of.

With cool Egyptian cotton clad bedrooms and shady poolside spots to sit and reflect, you'll be absorbed for your entire visit.

Spirit of Balance @ Le Pelot,
Montréal Du Gers, France
South West France



ABOUT LE PÉLOT



Le Pélot is an all year round wellbeing retreat set in the beautiful countryside of South-West France. In the heart of Gascony, our beautiful farmhouse has been designed with every single detail in mind, for your restful, relaxing and rejuvenating visit.



YOUR PROGRAMME

Four days and three nights stay at the wonderful Le Pelot Wellness Retreat in the heart of the Gascony Countryside. We've crafted the ultimate stay to provide you with relaxation, learning, conversation and friendship or peace and tranquillity – in equal measures.

Arrival to Bordeaux or Toulouse (we'll confirm the best flight from London Luton Airport so we can co-ordinate transfers) we'll chauffeur you in style for the 70 mile journey.

As most flights are during the afternoon, we'll greet you with a relaxing meal and wine, followed by a short welcome to share with you the schedule and some great options for exploring the local countryside.

The following morning will begin with your first Pilates session followed by a leisurely breakfast then a day to relax, investigate, read or enjoy one of our optional sessions (Cooking, , Guided Walks, Wine Tasting, Hypnotherapy relaxation, Mindfulness – or a whole host of other experiences!).

A light lunch will be on offer for those choosing to remain at Le Pelot where your afternoon Pilates Session will help you to begin the evening in a relaxed and satisfied frame. Dinner with carefully selected wine will be a leisurely affair and a chance to chat with other guests, your hosts or enjoy the beautiful sunsets.

On your final day, a Pilates Session will start your morning, with plenty of time for a leisurely lunch before heading back to the airport for your late afternoon flight home.

COSTS

£550.00 per person includes accommodation, breakfast, lunch and dinner with accompanying wine, and tuition. If you're arriving on the suggested flight, transfer will be included both to and from the airport.

We don't charge a single supplement as our larger rooms are furnished with two double-sized beds each but if you'd prefer to be alone, drop us a line. First come, first served!

PAYMENT

To secure your reservation please email [Le Pélot](#) and you will be asked to pay an initial (non-refundable) deposit of £100.00.

Four weeks prior to your stay, a final payment will be made. Cancellation or Date Change is only possible at this point if you are able to fill the space by passing to another guest.

THE CONCEPT

Pilates helps us to perfectly balance our stability and flexibility. It helps us to restore good movement patterns so they become habitual which in turn reduces aches and pains and enables us to better handle the stresses and strains of everyday life. Learning these skills, or having the chance to spend time refining your approach – is the luxury your time at Le Pelot will afford. Combining relaxation, tuition and time to enjoy the countryside – what's not to enjoy! The concept behind 'Spirit of Balance' @ Le Pelot surrounds building a set of skills, tips and ideas to help you take 'holiday' relaxation into your normal life. Using Louisa's brilliant training techniques, we'll help you to develop a toolkit of solutions to help you on your way.

YOUR EXPERT

Louisa is a Supervising Teacher with Body Control Pilates. She was initially attracted to Pilates in 2001 due to recurrent upper back and neck problems that had been exacerbated during corporate life by spending too much time either driving or working at a computer.

The astounding benefits Louisa experienced from Pilates encouraged her to wish to train to teach with Body Control Pilates™ and qualified to Level 3 Mat Work in 2009, since then she has gained qualifications and further training in:

Pilates for Pregnancy (Antenatal and Postnatal), Children, Bone Health & Osteoporosis, Older People, Scoliosis, Low Back Pain, Golfers, Equestrians, Intermediate Matwork, Small Equipment (Overball, toning circle, bands, foam roller), Spine Corrector & Pilates Arc as well as Reformer and Cadillac.

While a friendly, caring, patient and considerate teacher she will also encourage clients to challenge themselves as they become stronger and more confident.



LOUISA HARRIS

PILATES TEACHER