

# Pilates & Wellbeing

*SOUTH WEST FRANCE RETREAT with Ula Collins*

Fully catered blissful break 6<sup>th</sup> -11<sup>th</sup> May 2019 (Monday - Saturday)



Do you feel overtired, overworked and overwhelmed?  
Looking to find balance in your personal and professional life?  
Do you feel confused about your direction in life?  
or just simply need to escape from it all?  
or catch up on your sleep??

... all you need is some proper quality "Me time" 😊,  
being looked after and cared for, to be able to just be!  
and find your natural rhythm...

## *Enjoy, discover & experience*

Find focus, meaning and set your wellbeing intentions.

Daily Pilates with relaxation.

Morning positive visualisation and energy boost exercises.

The power of diet and nutrition on our health.

Preparing nourishing healthy meals and juices.

Reconnect with your senses, enjoy the sun, the wind and the rain.

Share your motivations, mindfulness techniques  
& wellbeing practices with likeminded people.

Relaxing, uplifting and rejuvenating massages.

Beautiful thermal spa, hammam and sauna.

Nature walks in the beautiful French countryside.

*Have fun, laugh and smile lots!*



7 Places Available and prices inclusive of

Lovely accommodation in 18<sup>th</sup> century farm house,

[www.mankind360.com](http://www.mankind360.com)

Glorious food, Pilates, meditation & energy boost classes,

Airport transfers & local travels

£495pp - shared deluxe sized rooms for 2

£595pp - private deluxe room

Flights not included. Easy jet from Bristol to Toulouse

on 6 May 10:45 – 13:30 return Sat 11 May 16:20 – 17:10

(with early bookings return flight only about £60! ☺)



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For more info and to book your place contact **Ula Collins** 07733 182538 [avantipilates@gmail.com](mailto:avantipilates@gmail.com)

Reservation with non-refundable deposit of £100 (fully deductible from the overall fee)

*It's all about the wellbeing...*

*... you can treat yourself to an optional treatments and activities*

Reduced rate Aromatherapy **Massage treatments**

- Relaxing
- Nourishing
- Uplifting
- Energising

£20 for 30 minutes

(with additional short consultation and after care advice)



**Thermal spa**

3 hours session (€30)

in the nearby mountains of the Pyrenees

[www.aquensis.fr](http://www.aquensis.fr)

The nearby village lake/reservoir  
3 mins drive or 15 mins cycle from the house  
with the view of the Pyrenees



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