



# Marjan Pilates

Presents:  
Breathe & Bloom

6-Day Mat Pilates Retreat  
in Andalusia

16 - 21 September 2026



# Marjan Pilates

Andalusia Retreat



It is my great pleasure to present:  
**Breathe & Bloom - Andalusia**

**Cherished Guest,**

Thank you for choosing Marjan Pilates for your retreat. With over 13 years' experience as an instructor, I've supported many in rediscovering strength, balance, and calm through mindful movement.

I truly believe this peaceful setting offers the perfect environment for lasting transformation—where movement, stillness, and nature come together.

I look forward to sharing this special space with you.

**With heartfelt thanks,  
Marjan**

**Find Your Rhythm in Nature's Embrace**





## You'll Experience:

- 6 days accommodation at a luxury Andalus hacienda
- Daily Pilates: morning and afternoon sessions
- Discovery Session: Marjan will take time to understand what you want to achieve from your Pilates practise
- **90-MINUTE SOUND BATH MEDITATION SESSION**
- Home-made, healthy meals to feed the body and soul (breakfast, brunch, 3-course dinner)
- Luxury pool and expansive grounds access
- Transfers from and to Malaga or Gibraltar Airport\*



**\*NB Flights are not included in the price**

# Mindful Movement:

Each Pilates session is designed to:

- Tone and strengthen
- Improve mobility
- Relieve tension and promote inner calm





## The Atmosphere:

### Slow Down & Recharge:

- Lounge by the stunning pool
- wander through orange groves and avocado plantations
- or simply embrace the slower rhythm of Andalusian life.

With three tranquil lakes and panoramic views of the rolling hills, this 400-hectare estate is your space to unwind and reset.



# Optional Adventures:

## Optional Activities include:

- Explore nearby Andalusian villages and towns
- Visit traditional markets and tapas bars
- Hike the surrounding hills and nature trails
- Enjoy the estate's three stunning lakes





## Each Day is Special...

But Here's A Sample of What You Might Expect:

- 07:00 - Rise with a Refreshing Fresh Mint Infusion
- 07:45 - Mat Pilates
- 09:15 - Discovery Session
- 11:30 - Brunch - Freshly Prepared by Chef
- 12:30 - Free Time: Pool, Grounds, or Local Exploration
- 17:00 - Mat Pilates 2 - Stretch
- 18:00 - Wellness Time & Relaxation
- 19:30 - Dinner





## What It Costs...

Each of our rooms is unique but the style and quality are consistently luxurious.

All PRICES are per person

- DOUBLE (SINGLE OCCUPANCY):
- £1750
- Twin / DOUBLE (SHARED OCCUPANCY):
- £1300 (ensuite).
- £1050 (shared bathroom).
- Please note: **Flights are not included in the price**
- Here's the **small print**



# This Retreat Is for You

## If You're Looking To:

- Decompress and slow down
- Reconnect with your body
- Enjoy nourishing food and gentle movement
- Experience Andalusian beauty and hospitality
- Return home lighter, stronger and restored



# Breathe & Bloom

Andalusia



→  
Dare to Dream of Heaven

Instagram

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