

Marjan Pilates

Presents:
Breathe & Bloom

5-Day Mat Pilates Retreat
in Andalusia

21 - 25 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:

- 5 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 (light breakfast, brunch, 3-course dinner)
- Luxury pool and expansive grounds access



***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



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Dare to Dream of Heaven

Instagram

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EDITION
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