

# PILATES

east



## Return to Life

RETREAT

Join us for our weekend Spring Retreat

**17<sup>th</sup> - 19<sup>th</sup> March 2023**

**West Lexham, Norfolk PE32 2QN**

We're so excited to be hosting our 'Return to Life' Pilates Retreat at the idyllic West Lexham.

Just a short journey from the Pilates East Studio in Norwich, West Lexham is the perfect place to immerse yourself in a weekend full of Pilates, nature, wonderful food and company.

The retreat gives you the opportunity to delve deeper into your Pilates practice and dedicate some well-deserved time to yourself, exploring the grounds of West Lexham or relaxing in the Barn.

Classes will run throughout the day and vary in theme and intensity including a daily Morning Wake up Class, Magic on the Mat, Focus & Flow class, Hug your Midline Workshop and many others.

*We recommend that you have Pilates experience if you wish to join us for the weekend.*

*All classes are optional and will be tailored to suit the group.*

**We will arrive at West Lexham on Friday 17th March at 4pm and have access to the site until 4pm on Sunday.**



## You will get

- ✓ Two nights of luxury accommodation in the Barn. *Choose from triple, double or single occupancy room*
- ✓ Up to eight Pilates classes and workshops designed specifically for the weekend
  - ✓ The option of additional Private classes using the smaller Apparatus
  - ✓ Six seasonal, vegetarian meals from the West Lexham Garden Kitchen
- ✓ Access to the site including the wild swimming lake, gardens, woodland and river
  - ✓ Use of the naturally filtered swimming pool

## Accommodation & Prices

**£200 deposit to secure your space. Second payment to be made by 31st January 2023**

**Price includes all Group classes, accommodation for 2 nights and 6 meals**

Triple Room with En-suite Bathroom - 3 people sharing (3 Single Beds) **£495pp**

Double Room with En-suite Bathroom - 2 people sharing (chose Twin or Super King) **£565pp**

Double Room with En-suite Bathroom - Single Occupancy (Super King) **£645pp**

*Please specify if you wish to share your room if you have booked to attend the retreat with a friend/family/partner. If you would like to share a room but are attending on your own, let me know and I can pair you up with someone else.*

We will be staying in the Barn which has its own large studio space, lounge communal area with sofas and two log burning stoves, private dining room and private garden with fire bowl and seating.





## The Venue

Set in 22 acres in the beautiful Norfolk Countryside, West Lexham is a tranquil haven. A hub of connectivity and inspiration, it is a holistic retreat venue set in an idyllic river valley replete with ancient trees and abundant wildlife. Almost entirely powered by renewables, the West Lexham ethos is one of optimal living. It is the perfect setting for our retreat, with a calmness which invites focus and inquiry.

## The Food

The West Lexham Garden Kitchen cooks seasonal, organic food using diverse fresh vegetables, fruit, flowers and herbs, picked daily from the garden just meters away from where we'll be staying.

The menus are supplemented with gorgeous local Norfolk produce. We will be fully catered morning, noon and night, with a range of beautiful vegetarian food, plus wood-fired pizzas to be served on the Saturday evening.

All dietary requirements can be catered to. We will send out a pre-retreat questionnaire before the weekend to confirm.





## Timetable

*Subject to change*

### Friday

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Arrive from **4pm**

**5pm** Welcome Pilates class

**7pm** Dinner

**8.30pm** Evening Pilates class

### Saturday

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**7am** Tea and Morning Smoothie

**8am** Morning Pilates Class

**9.30am** Breakfast

Free time and availability for 1:1 Classes

**12pm** Lunchtime Pilates Class (outside if the weather allows!)

**1pm** Lunch

**3pm** Afternoon Workshop

**7pm** Dinner

**8.30pm** Evening Pilates class

### Sunday

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**7am** Tea and Morning Smoothie

**8am** Morning Pilates Class

**9.30am** Breakfast

Free time and availability for 1:1 Classes

**1pm** Lunch

**2.30pm** Last Pilates Class

**4pm** Depart the Venue

**Head to [pilateseast.uk/events](https://pilateseast.uk/events) to reserve your space  
or get in touch if you have any questions.**

Spaces are limited so we recommend booking now if you are interested.  
We can't wait for you to join us!