

## Gain more Energy through Pilates on one of Mallorca`s best caribbean beaches

**Christian, BSA certified Pilates instructor and nutritionist.**



After a inspiring trip around the world and a long stay in Australia, I returned to my adopted home of Mallorca. Poor posture, wrong diet and sitting all day in an office brought me to PILATES. This method strengthened my muscles and I was able to improve my flexibility significantly. By switching to a healthy diet, I life a more balanced life today and master everdays life challenges.

Pilates is meditation in motion !

Since 2012, it has been a great pleasure to introduce Pilates to other people and give support on their nutritional goals as a coach.

*"Physical fitness is the first requisite of happiness."*  
by Joseph Pilates

### **Services:**

7 nights in designer villa in beach location. Daily changing, colorful mixed program with Pilates, sunrise meditation at the sea, nutrition coaching, walk into the sunset, luxury art garden dinner, freshly prepared, light cuisine and other culinary highlights in selected restaurants in the area.

### **Specials:**

- Fabulous beach bar with wonderful atmosphere and excellent cuisine
- Lonely beach with guaranteed Robinson Crusoe feeling, absolute insider tip
- Original Mallorcan Paella in a sea view restaurant, popular with locals
- Art night with luxury dinner in secret magic garden

## Programm:

### Day 1 Sunday

Check in from 3pm  
Meet and greet  
Buffet dinner at the Villa



### Day 2 Monday

Sunrise meditation by the sea with Pilates Introduction  
Brunch  
Afternoon at leisure  
Dinner in fabulous beach bar

### Day 3 Tuesday

"Get up and Move" PILATES  
Brunch  
Nutrition Coaching  
Afternoon at leisure  
3 courses Menu in the Villa



### Day 4 Wednesday

"Get in Shape" Pilates  
Brunch  
Afternoon at leisure  
Sunset walk with Robinson Crusoe Feeling  
Dinner in Sea View Restaurant

### Day 5 Thursday

"Flex and Stretch" Pilates  
Brunch  
Afternoon at leisure  
"Sunset" Meditation  
3-course menu in the villa

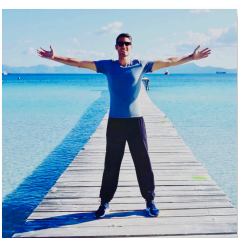


### Day 6 Friday

Sleep in  
Brunch  
Afternoon at leisure  
"Energy Flow" Pilates  
3-course menu in the Villa

### Day 7 Saturday

"Body Control" Pilates with closing tips  
Brunch  
Nutrition coaching  
Afternoon at leisure  
Luxury dinner in mysterious art garden



### Day 8 Sunday

"Farewell" Meditation  
Breakfast  
Check out until 11 am

## **Villa "Isla Bonita"**

Enjoy the powerful Pilates sea view retreat in this wonderful villa. The Chalet, built in 2017, offers a modern architecture and artistic design. It is located 170 meters from the sea and only 1.5 km from the most beautiful beach of the island, the "Es Trenc". The house has a tourist license.

The villa has 4 bedrooms and 3 bathrooms. Each room has air conditioning, hot or cold, depending on the season.

### **Ground floor:**

- bedroom with queen size bed 160x200m
- bathroom
- living area
- dining area
- open kitchen

### **Upstairs:**

- Mastersuite with king size bed 180x200 cm with viscoelastic overlay (ideal for guests with back problems), bathroom ensuite and private sea view terrace
- bedroom with 2 single beds 90x200 cm (can be converted into a double bed)
- Bedroom with queen size bed 160x200 cm

### **Top floor:**

- spacious sea view terrace with sitting area, large corner lounge and sun protection sail

### **House description:**

There is an artistically designed open-plan living area, from which you can access the sun terrace covered with sun protection sails. This is your place in the Sun, where you will enjoy your breakfast in the morning when the weather is fine.

The huge American refrigerator with ice cube dispenser is available to you as a fresh water dispenser at your disposal. The drinking water is supplied via a filtered decalcifying system.

The 55" SONY Smart TV will broadcast your favourite TV channels. Connect to your Netflix account or listen to your Spotify playlist.

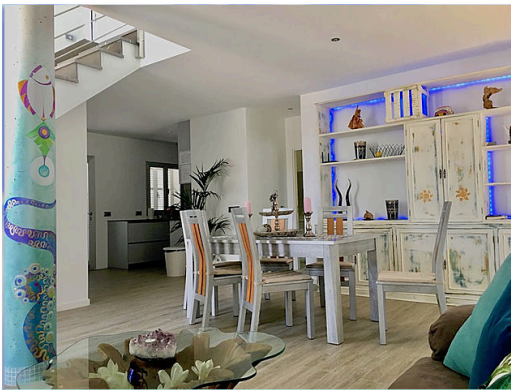
The sea view roof terrace with a spacious, comfortable lounge corner and additional dining furniture, is perfect for meditation. The sunset up there is breathtaking!

The turquoise pool with its comfortable deckchairs is the ideal place to relax and invites you to relax. Also, this is the perfect spot for your Pilates exercises.

### **Surrounding Area:**

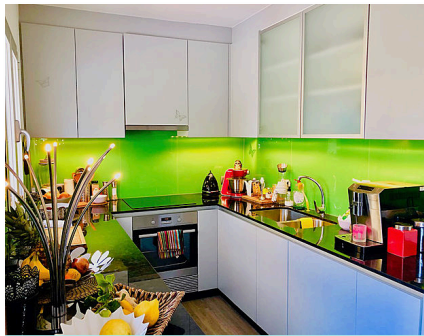
The former fishing village Sa Ràpita with its yacht harbour is quietly situated and offers probably one of the most beautiful coastlines of the island. There are no hotels in the town and it is therefore perfect for a relaxed retreat. In a few hundred meters within walking distance you can reach various restaurants, all located directly by the sea, an ice-cream parlour, two small supermarkets and the bakery with its beautiful Café. The marina has a great restaurant right on the beach.

Various water sport activities are offered. Boats can also be chartered.



### Essbereich

Künstlerisch und edel in den Farben des Ozeans lässt es sich hier luxuriös speisen. Der Tisch ist ausziehbar und bietet Platz für 10 Personen.



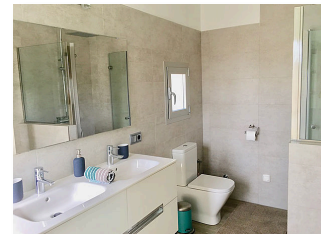
### Kochbereich

Die Küche erfrischt durch leuchtende Farben und überzeugt mit hochwertigen Geräten.



### Entertainment

Der 55" SONY Smart TV lässt keine Wünsche offen. Verbinden Sie sich auch im Urlaub mit Netflix, Spotify & Co.



### Badezimmer ensuite

Doppelwaschtisch, ebenerdige Dusche mit Glastür und Regendusche.



### Veranda

Der Poolbereich (2,50 x 3,50m) mit den bequemen Rattanliegen lädt ein zum Relaxen.

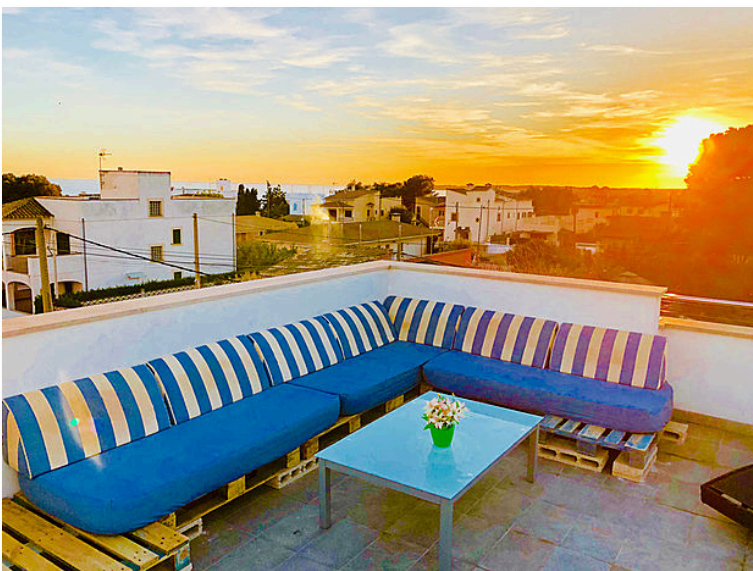


Ein gesunder Geist wohnt in einem gesunden Körper. *(Jurnal)*



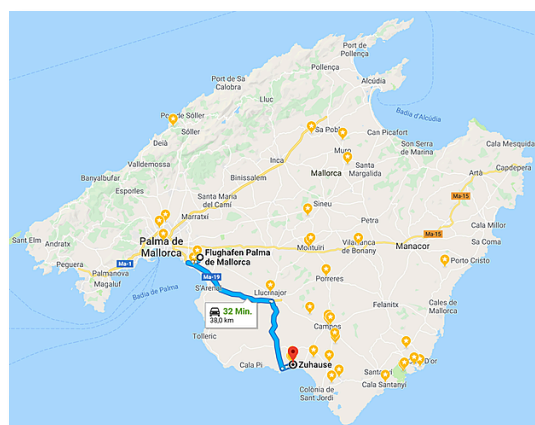
### Mastersuite

Kingsize Bett 180x200 mit viskoelastischer Auflage, privater Terrasse, Bad ensuite und Klimaanlage.



### Dachterrasse

Einen atemberaubenden Meerblick genießt man vom Dach des Hauses mit großer Chill Out Lounge und Essgruppe.



### Lage

Sa Ràpita liegt im Süden von Mallorca, nur eine halbe Stunde vom Flughafen entfernt.

Price/Person 2020	Jan/Feb/ March/ April/Nov/Dec	Mai/ October	June/ Sept	July/ August	Easter/ Christmas
<b>Single Room</b>	1.429,00 €	1.639,00 €	1.709,00 €	1.849,00 €	1.569,00 €
<b>2nd Person in Double Room</b>	1.149,00 €	1.319,00 €	1.369,00 €	1.479,00 €	1.259,00 €
<b>Mastersuite</b>	1.569,00 €	1.709,00 €	1.779,00 €	1.919,00 €	1.639,00 €
<b>2nd Person in Mastersuite</b>	1.259,00 €	1.369,00 €	1.429,00 €	1.539,00 €	1.319,00 €
	<b>Children 2-12 years 50% discount, Baby 0-2 years free of charge</b>				

Retreats in the high season July/August will only take place if all 4 rooms can be occupied!

### **Contacts:**

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