

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.



Dining Area

Artistic and noble in the colors of the ocean you can dine here luxuriously. The table is extendable and can accommodate 10 people.



Cooking Area

The kitchen refreshes with bright colors and provides high quality appliances.



Entertainment

Connect with Netflix, Spotify etc with your 55inch Sony Smart TV.



Bathroom Ensuite

Double washbasin, walk-in shower with glass door and rain shower.



Veranda

The pool area (2,50 x 3,50 m) with the comfortable rattan beach chairs invites you to relax.



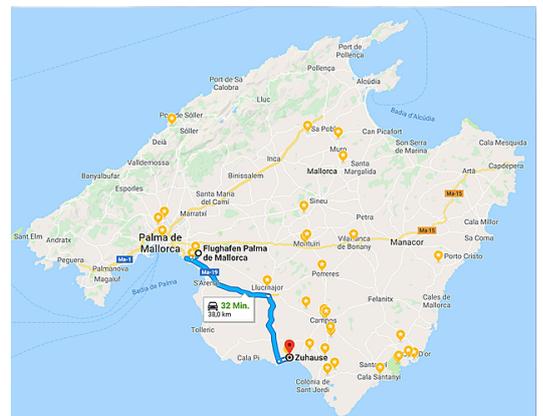
Mastersuite

Kingsize bed (180x200) with visco-elastic layer, private terrace, bath ensuite and air conditioning.



Roof Terrace

A breathtaking sea view can be enjoyed from the roof of the house with a large chill out lounge and dining furniture.



Location

Sa Rapita is located in the south of Mallorca, just half an hour from the airport.

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

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

Contacts:

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