

25 - 28 SEPTEMBER, 2025

Thiza

REFORMER

PILATES & YOGA

RETREAT

SWIPE →



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VISUALISE THIS EVERY DAY

- 🧘 Reformer Pilates
- 🧘 Vinyasa Yoga
- 🧘 Yin & Somatic Yoga
- 🎵 Sound Bath
- 🧘 Meditation
- 📝 Guided Journaling
- 🥑 Wholefood, healthy meals

A few times...

- 🌀 Spiritual Circles
- 🌳 Nature Walk
- 😊 1/2 day Vipassana Practice







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PRICE

£1018 per person sharing a **triple** room. **Deposit** £713

£1258 per person sharing a **double** room. **Deposit** £881

£1568 per person for **single** occupancy in double private room. **Deposit** £1098

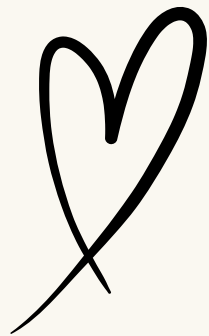
Offer

£100 off if you put your deposit down before Jan 28th

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AUTHENTIC SELF.

Through a combination of Reformer Pilates, Yoga, Mindfulness, Sound and Energy Healing, this experience offers the perfect space to reconnect with your body, calm your mind, and nourish your soul.

DM FOR MORE INFO