



4 NIGHT PILATES RETREAT IN STUNNING ANDALUCIA

Your soul will thank you...



Casa Fina is a luxury private villa with pool nestled high in the Andalucian hills, with panoramic views of the mountains and the sea. Lanterns glow, music drifts on the breeze and mediterranean food and wine flow freely beneath the stars.

- 4 nights accommodation
- All Pilates classes
- Delicious home cooked villa meals & wine
- All transfers and taxis to extra activities

Thursday 28th May

UNPACK. STRETCH. UNWIND.

Midday:

- Arrive at Casa Fina to sparkling welcome drinks and a beautiful light lunch prepared just for you

Class:

- Unwind & Stretch (*full course details below*)

Evening:

- Canapes & Cava by the pool
- Dinner at Casa Fina - a Spanish feast awaits



Friday 29th May

RELAX. FLOW. DINE.

Breakfast:

- Continental breakfast, juice, coffee & tea

Morning Class

- Energise & Flow (*full course details below*)

Lunch:

- Mediterranean Meze and salads with chilled drinks, sunshine and relaxed conversation

Early Afternoon

- Relax and enjoy the beautiful private pool, ambience and chill-out areas at Casa Fina

Late Afternoon Class

- Focused Flow (*full course details below*)

Evening:

- Pre dinner drinks at Casa Fina
- Dinner at the villa - a delicious Greek evening



Saturday 30th May

RESET. EXPLORE. CONNECT.

Breakfast:

- Continental breakfast, juice, coffee & tea

Morning Class

- Core Clarity *(full course details below)*

Lunch:

- Enjoy lunch on the beach at a traditional Spanish Chiringuito (extra)

Early Afternoon

- Explore beautiful Nerja or take a nature walk in your wonderful Spanish surroundings

Late Afternoon Class

- Trigger Point Pilates *(full course details below)*

Evening:

- Pre dinner drinks at Casa Fina
- Dinner at the villa - A Taste of Italy evening



Sunday 31st May

CALM. REBALANCE. CHILL.

Breakfast:

- Continental breakfast, juice, coffee & tea

Morning Class

- Balance & Control *(full course details below)*

Lunch:

- Enjoy a fun lesson in food art as we prepare a stunning charcuterie platter to enjoy for lunch

Early Afternoon

- Relax around the pool with a sangria or take a well earned siesta in the shade

Late Afternoon Class

- Focused Flow *(full course details below)*

Evening:

- Pre dinner drinks at Casa Fina
- Dinner at the villa - Moroccan Magic evening



Monday 1st June

FEAST. RESTORE. FAREWELL.

Breakfast:

- Continental breakfast, juice, coffee & tea

Morning Class

- Yagalates *(full course details below)*

Lunch:

- A selection of fresh salads for a light lunch

Adios:

- Transfer to Malaga airport





4 NIGHT PILATES RETREAT IN STUNNING ANDALUCIA

Highlights - What's included

A beautifully curated Pilates retreat in Andalucía, hosted by Unique Retreats at Casa Fina

This intimate retreat brings together expert Pilates teaching, thoughtful hosting, exceptional food and the slower rhythm of Andalusian life. Every element has been carefully designed to help you unwind, move well, eat beautifully and return home feeling restored and rebalanced.



Daily Pilates, Stretch & Relaxation Sessions (Outdoors)

All Pilates sessions are expertly guided by Pilates with Emma and held outdoors whenever weather allows, surrounded by mountain and sea views and fresh Andalusian air.

Classes are suitable for all levels, with options offered throughout, and are sequenced to gently support the body as the retreat unfolds.

Thursday – Unwind & Stretch

A gentle, grounding class to release travel stiffness and calm the nervous system. Slow stretches, breath-led movement and mindful transitions help you arrive fully and settle into retreat mode.

Friday Morning – Energise & Flow

A refreshing morning Pilates flow designed to wake up the body without exhaustion. Fluid sequences, light core activation and full-body movement create energy, circulation and a positive tone for the day ahead.

Friday Afternoon – Focused Flow (Small Equipment)

A precision-based Pilates class using small equipment to deepen awareness, challenge stability and sharpen focus. Controlled, intentional movements create subtle yet powerful work for the core and supporting muscles.

Saturday Morning – Core Clarity (Breath-Led Flow)

A flowing Pilates class guided by intentional breathing to activate deep core support and create effortless strength. Movement and breath work together to build stability, length and ease, leaving the body feeling light, lifted and centred.

Saturday Afternoon – Trigger Point Pilates (Small Ball Release)

A deeply restorative class using small balls to release locked-in fascial tension and soften long-held patterns in the body. Gentle movement, mindful pressure and slow exploration encourage relaxation while improving mobility and circulation.

Sunday Morning – Balance & Control

A steady, empowering class that challenges coordination, balance and body awareness, building quiet strength and confidence.



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Highlights - What's included

Accommodation

- 4 nights at Casa Fina, a private villa set high in the Andalusian hills
- Maximum of 8 guests, creating an intimate, relaxed group experience
 - 4 shared bedrooms with 2 shared bathrooms
 - Panoramic mountain, sea and countryside views
- Multiple terraces, shaded chill-out areas and a private pool



Food & Dining

- Daily continental breakfast with coffee, tea and juice
- Beautifully prepared home-cooked Mediterranean villa meals
 - Wine served with evening meals
 - Pre-dinner drinks
- A relaxed beachside lunch at a traditional Spanish chiringuito (*optional extra*)
 - A creative, hands-on food art lunch experience
- Coffee, tea, soft drinks and fruit available throughout the day

Exploration & Downtime

- Time to explore beautiful Nerja or enjoy gentle nature walks
- Plenty of free time to relax by the pool, read, nap or simply enjoy the views
 - A true balance of movement, rest and connection

Transfers

- Return shared transfers included from Málaga Airport (AGP)
 - All local transfers during the retreat are included
 - Please note: transfers are from Málaga Airport only

£995

£s are per person based on sharing a twin or double room

If you are traveling solo and the retreat is not full you will be upgraded to a single occupancy room FOC

Not Included

- Flights to and from Spain
- Travel insurance (strongly recommended, including cancellation cover)
- Optional extras such as massages or additional excursions not listed in the itinerary



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Meet Your Hosts



Emma – Pilates with Emma

Emma is a highly experienced Pilates teacher with a passion for effective, mindful movement. Known for her calm, encouraging teaching style, she blends precision with flow to create classes that feel supportive, effective and deeply restoring. Emma's sessions focus on building strength without strain, improving mobility and balance, and helping each guest move with greater ease and confidence—whatever their starting point.



Nikki & Jay - Unique Retreats Spain

Your retreat is hosted by Nikki & Jay, founders of Unique Retreats Spain, who bring years of experience creating award-winning, guest-loved retreats and hospitality experiences. They warmly welcome you into the home they share with their two adorable beagles Dilly & Alfie.

With a natural talent for thoughtful hosting and attention to detail, Nikki creates spaces where guests feel instantly at ease. From the rhythm of the days to the food on the table, every element is carefully curated to feel relaxed, welcoming and beautifully held.

Jay, with his hugely likeable personality and “nothing is too much trouble” attitude makes for an excellent wing man and taxi-driver - and he's an absolute wizz on the BBQ too!

Together, Emma, Nikki & Jay offer a retreat experience that blends expert movement, nourishing food and a warm, friendly atmosphere - designed to leave you feeling restored, rebalanced and deeply cared for - with lots of laughter thrown in for good measure.



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Optional Extras

The area is awash with amazing opportunities - places to explore, things to do and experiences to enjoy during your stay. Nikki & Jay will be happy to organise any number and type of activities and extras for you. Here are just a few ideas to whet your appetite...

Massage Treatments

Relaxing or restorative massage treatments arranged at the villa, perfect for unwinding tired muscles or simply indulging in a little extra self-care (subject to availability)

Sunset Beach Visit & Dinner

An optional evening trip to the coast to enjoy sunset drinks followed by a relaxed dinner at a traditional beachside chiringuito

Local Market Visit

Explore a nearby Spanish market, browsing seasonal produce, local delicacies and artisan stalls while soaking up everyday Andalusian life

Mountain Biking

Jay is our resident fully qualified guide and runs his own business here on site: Mountain Bike Spain. Who could be better to show you around on two wheels?

Traditional White Village Visit

A visit to one of Andalucía's beautiful whitewashed villages, with time to wander cobbled streets, enjoy a café stop and take in the views

Tapas Tour

A guided tapas experience sampling classic Spanish dishes across a selection of local bars—sociable, relaxed and full of flavour

Wine Tasting

A guided tasting of regional Spanish wines, either at the villa or at a local bodega, offering insight into local varietals and traditions

Extra Nights at Casa Fina

Extend your stay with additional nights before or after the retreat (subject to availability), giving you more time to relax, explore or ease into the experience

We hope to see you soon in amazing | Andalucía