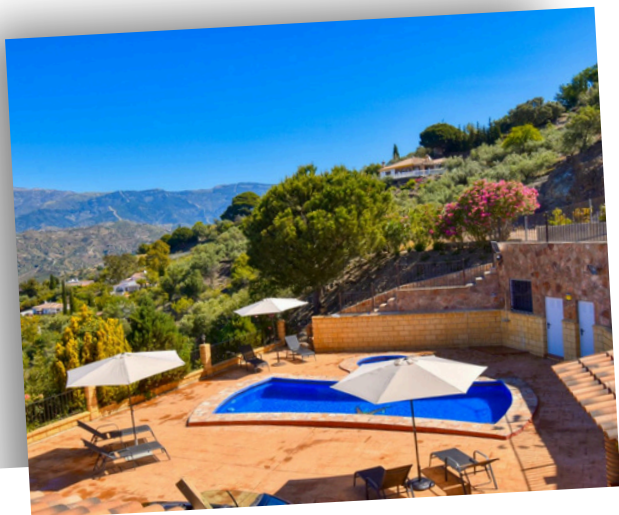




A 4 NIGHT PILATES RETREAT IN STUNNING ANDALUCIA

Your Soul Will Thank You



A beautifully curated, exclusive retreat combining expert teaching, thoughtful hosting, delicious food and the slower rhythm of Andalusian life. Every detail is designed to help you unwind, move, breathe, eat well and return home feeling refreshed and inspired. With a maximum of just 8 guests you'll enjoy a more personal and supportive experience.

Casa Fina is a luxury private villa nestled in the Andalusian hills with breathtaking mountain and sea views. Included:

- 4 nights accommodation
- All Pilates classes
- Delicious villa meals
- House wine, beer and soft drinks
- Group airport transfers and to all scheduled activities

Day 1

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:

- Welcome canapes & Cava by the pool
- A traditional Spanish feast at Casa Fina



Day 2

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

Early Afternoon

- Relax and enjoy the beautiful private pool, ambience and chill-out areas at Casa Fina
- Spa treatments, ie, massage and reflexology can be available at the villa (extra and if booked in advance)

Late Afternoon Class

- **Focused Flow** (full course details below)

Evening:

- A delicious Greek meal prepared for you at Casa Fina



Day 3



RESET. EXPLORE. CONNECT

Breakfast:

- Continental breakfast, juice, coffee & tea

Morning Class

- **Core Clarity** (full course details below)

Mid Morning

- Explore Nerja and/or take a stroll around the market

Lunch:

- Enjoy a meal at a traditional Spanish beach bar (extra)

Early Afternoon

- Chill on the beach right outside the restaurant

Late Afternoon Class

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

Evening:

- A delicious **BBQ Party** prepared for you at Casa Fina



Day 4

CALM. REBALANCE. CHILL.

Breakfast:

- Continental breakfast, juice, coffee & tea

Morning Class

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

Mid Morning

- Explore the pretty white washed villa of Sayalonga
- there's a "treasure hunt" too if you're competitive!

Lunch:

- Freshly made tapas and salads al fresco

Early Afternoon

- Enjoy a fun lesson in food art as we prepare a stunning sharing platter. Or relax around the pool with a sangria or two.

Late Afternoon Class

- **Focused Flow!** (full course details below)

Evening:

- Enjoy the fruits of your earlier efforts sharing delicious charcuterie, local cheeses, nuts, olives, fruit and produce from the area and local market



Day 5

FEAST. RESTORE. FAREWELL.

Breakfast:

- Continental breakfast, juice, coffee & tea

Morning Class

- **Yogalates** (full course details below)

Lunch:

- Traditional Spanish tortilla and fresh salads

Adios:

- Transfer to Malaga airport

Hasta Pronto!



A 4 NIGHT PILATES RETREAT IN STUNNING ANDALUCIA

Highlights

This exclusive retreat combines expert teaching, thoughtful hosting, delicious food and the slower rhythm of Andalusian life. Every detail is designed to help you unwind, move, breathe, eat well and return home feeling refreshed and inspired. With a maximum of just 8 guests you'll enjoy a more personal and supportive experience.



Daily Pilates, Stretch & Relaxation Sessions

All sessions are expertly led by Pilates with Emma and held outdoors whenever the weather allows, surrounded by mountain and sea views and fresh Andalusian air. Think warm air, a glass of something cold nearby and a small group of people all slightly amazed at what they're discovering about their own bodies. Classes are suitable for all levels with options offered throughout, and are sequenced to gently support the body as the retreat unfolds.

Day 1 (Afternoon) – 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.

Day 2 (Morning) - Energise & Flow

A refreshing morning of 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.

Day 2 (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.

Day 3 - (Morning) - Core Clarity (Breath Led Flow)

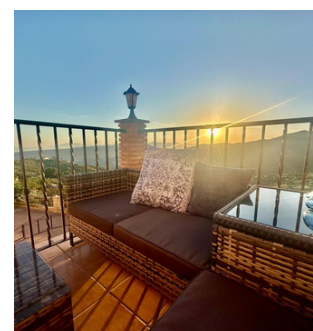
A flowing Pilates class guided by intentional breathing to activate deep core support and create effortless strength. Movement and breath work together to build stability, length and ease, leaving the body feeling light, lifted and centred.

Day 3 (Afternoon) - Trigger Point Pilates (Small Ball Release)

A deeply restorative class using small balls to release lock-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.

Day 4 (Morning) - Balance & Control

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





A 4 NIGHT PILATES RETREAT IN STUNNING ANDALUCIA



What's Included

Accommodation

- 4 nights at Casa Fina, a private villa set high in the Andalusian hills
- Maximum of 8 guests, creating an exclusive, 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 Mediterranean villa meals and BBQs as per the programme
 - Fresh fruit, wine, beer and soft drinks throughout your stay
- A relaxed beachside lunch at a traditional Spanish chiringuito (*extra*)
 - A creative, hands-on food art lunch experience

Exploration & Downtime

- Time to explore beautiful Nerja and Sayalonga, a market, the local beach 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

based on sharing a twin or double room

£1495

single occupancy

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

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

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 fabulous 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 chauffeur. He makes a mean paella 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.

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 & eBike Hire

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 varieties and traditions

Catamaran Boat Trip

Enjoy an exhilarating few hours on the sea stopping for swimming and a delicious meal on board

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

Casa Fina

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Malaga Province

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