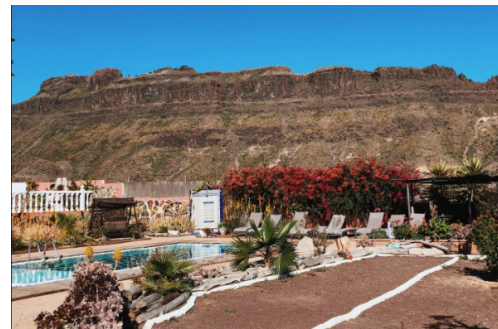


PILATES RETREAT in Gran Canaria

with Valentina

22-26 September 2024
Finca Los Tranquillos, Ayagaures



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Join me for an exclusive Pilates retreat limited to a maximum of 12 participants.

Get ready for an unforgettable Pilates experience amidst the stunning landscapes of Gran Canaria!

FINCA LOS TRANQUILLOS

Formerly an old Granja, Finca Los Tanquillos has been transformed into a charming retreat nestled in the southern region of Gran Canaria, specifically in Ayagaures. This oasis features a typical Canarian house with modern amenities including a large swimming pool, outdoor kitchen, shaded terraces, charcoal grill, petanque field, and lush gardens with fruit trees. Each room boasts a private bathroom for guests' comfort. Surrounded by palm trees, pines, cacti, and fruit trees, Los Tranquillos offers a tranquil escape with easy access to the stunning views of Pinar de Pilancones Natural Park.

ACCOMODATION AND PRICING

All rooms have private bathrooms and air conditioning.

- Private single occupancy + private bathroom £1300pp
- Double occupancy + private bathroom £900pp
- Quadruple occupancy (2 single beds+ 1 double bed) £600pp (groups of friends)



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What's included?

All pilates sessions - 3 classes/day
All meals - daily brunch, afternoon snack and dinner
4 nights accommodations
Beach transfers

What's not included?

Flights + airport transfers.
Travel insurance (comprehensive travel insurance is a booking requirement).
Alcohol, it will not be provided but you are welcome to bring your own.

DEPOSIT

£500pp to secure your place today.

Balance payment will be due 12 weeks prior to retreat.
Please read booking terms and conditions below before transferring your deposit.



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PROGRAM

Arrival, Sunday 22nd September- please aim to book flights in arrival day, arrive in time for dinner.

Departure, Thursday 26th September - the retreat will end with breakfast in final day.

Sunday

- Arrival and first dinner together

Monday

- Breakfast
- Pilates morning Routine
- Lunch
- Afternoon routine combo barre+ pilates
- Afternoon Snacks
- 1st day Workshops classical mat
- Dinner



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Tuesday

- Breakfast
- Morning Routine
- Lunch
- Afternoon core pilates
- Afternoon Snacks
- 2nd day Workshops classical mat
- Dinner



Wednesday

- Breakfast
- Morning routine or Beach trip
- Lunch
- Afternoon routine
- Afternoon Snack
- Last Day Workshops classical mat
- Aperitivo and last dinner together

Thursday

- Breakfast and Departure



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BOOK NOW

BOOKING TERMS + CANCELLATION POLICY

Travel Insurance: It is a condition of this holiday that you on booking purchase comprehensive travel insurance which includes cancellation insurance. None of us can predict unexpected events in our lives: illness, family emergencies, work conflicts, etc. By purchasing comprehensive plan, you will ensure being covered in full should you need to cancel after the said cancellation period.

Cancellation:

Your deposit is refundable up until 12 weeks before the start of the retreat. Less than 12 weeks before the start of the retreat your payment is only refundable or transferable if your space can be filled.

Any refunds made will be less a £85 admin fee.

In the very unlikely event that Valentina is unable to teach the retreat at short notice, for example due to (but not limited to) Covid-19, severe illness or bereavement, Valentina reserves the right to find a replacement teacher. In this situation no refunds will be issued.

