



STUDIO 15

# *Pilates Retreat*

APRIL 28 – MAY 2  
2027

ESCAPE • RECHARGE • RESTORE



# *Welcome!*

Join us for four unforgettable nights in the beautiful Spanish countryside and experience the perfect balance of movement, relaxation and self-care.

At the heart of the retreat is Pilates, with two daily classes designed to strengthen, energise and restore your body.

But this retreat – or we could call it a holiday! – is so much more than Pilates. Alongside your Pilates, you'll have the opportunity to explore complementary wellbeing experiences including yoga, barre, breathwork and sound bathing—whether you want to try something new or deepen an existing practice.





# *Welcome!*

This is your retreat, so you can do as much or as little as you wish. Maybe you'd like to use the break to get stronger and more mobile, move more, deepen your Pilates practice and get more connected to your body.

Or maybe you'd just like to chill out! Get up a bit later, unwind by the pool with a book, enjoy a spa treatment, and recharge your batteries with a few movement classes.

It's totally up to you... because this is an opportunity to take time out for YOU.

You will return home feeling stronger, calmer, refreshed and inspired—with memories of beautiful surroundings, new friendships made, delicious food and a few precious days dedicated entirely to you.





# *Retreat Highlights*

MORNING AND EVENING PILATES CLASSES

DAILY MINDFULNESS SESSIONS

EXCLUSIVE RETREAT VENUE WITH  
PRIVATE CHEF

OPTIONAL ACTIVITIES INCLUDING  
MASSAGE, SPA TREATMENTS, GUIDED  
WALKS, BIKE RIDES & WINE TASTING

TIME TO REST AND RECHARGE IN A  
BEAUTIFUL SETTING





# *Where We'll Be Staying*

## Cuatro Finques

Cuatro Finques is a unique family-owned Spanish-style finca just outside Xaló, a small Spanish wine-making town in the Marina Alta region of the Costa Blanca.

The idyllic Xaló Valley and wonderful Bernia mountains are on the doorstep offering a wide range of activities and places to visit.

The owner's vision was to create a beautiful place to relax, a home away from home with personal service, attention to every detail, where guests can enjoy tranquil real Spain.





# *Your Accommodation*

Every bedroom has been individually designed to blend rustic Spanish charm with contemporary comfort.

Each room offers a peaceful sanctuary to relax, recharge and soak up the tranquil surroundings.

There is a selection of rooms available for single, double or twin occupancy.

Every room includes:

*Private en-suite bathroom*

*Air conditioning*

*Complimentary Wi-Fi*

*Luxury toiletries*

*Hairdryer*

*Bluetooth speaker*

*Safe*

*Outdoor terrace, balcony or Juliet balcony*

*Beautiful boutique styling throughout*





# *Activities Around Cuatrecinques*

## Activities

The retreat is yours to enjoy at your own pace. Whether you'd like to explore the local area, stay active between movement sessions, or simply relax by the pool with a good book, there's something for everyone.

## Around the Finca

Step straight from the finca into the beautiful Xaló Valley, where you'll find scenic walking routes through vineyards, almond groves and rolling countryside. If you prefer exploring on two wheels, mountain bikes are available to hire, offering a wonderful way to discover the valley and its picturesque surroundings.





# *Time to Unwind*

If your idea of the perfect retreat is doing very little, Cuatre Finques provides the perfect setting.

Relax beside the pool, find a peaceful shaded corner with a book, or simply soak up the tranquillity of the finca and its beautiful surroundings.

## Spa Treatments

For the ultimate indulgence, a range of spa treatments can be booked during your stay, including massages, facials, manicures and pedicures—the perfect way to leave feeling completely restored.





# *Specialist Massage*

We're delighted that experienced massage therapist Sarah Ingham will be joining us for the retreat, offering a range of restorative treatments designed to help you relax, and feel your very best.

Sarah has a background in nursing and specialises in Myofascial Release – a gentle, hands-on therapy that works to release restrictions within the body's fascia, helping to ease muscular tension, improve movement and encourage deep relaxation.



*“You might want something deeply relaxing, therapeutic or perhaps both. I offer therapeutic massage and also scar tissue therapy. My treatments are holistic, individual, unhurried and nurturing.”*

*\*Treatments can be booked before or during your stay and are charged separately*



# *Further Afield*

## Explore the Local Area

The charming Spanish village of Xaló is less than 1 km away and is perfect for wandering its traditional streets, cafés and local shops. We can also arrange transport to some of the Costa Blanca's most beautiful towns, including Altea and Dénia.

Within a 30-minute drive you'll find an array of stunning beaches, from the long sandy shores of Jávea (Xàbia), Calpe, Moraira and Dénia to the hidden coves of Benissa and the crystal-clear turquoise waters of Granadella—ideal for swimming or snorkelling.





# *Your Team*

KATE LEWIS



Pilates & Yoga Instructor /  
Personal Trainer / Certified  
Nutritional Health Coach

Kate has over 15 years' experience in the wellness industry. She is the owner of Studio 15 Pilates, a boutique Reformer Pilates studio in Devon.

With a lifelong love of movement, wellbeing and travel, Kate has worked on wellness retreats around the world as both an instructor and a chef, helping guests support their health from the inside out through nourishing food, mindful movement and restorative experiences.

Her retreats are thoughtfully curated to give guests the opportunity to step away from everyday life, enjoy inspiring movement in exceptional surroundings, reconnect with themselves and others, and return home feeling refreshed, restored and inspired.



# *Your Team*



TAMSIN BOWMAN

Pilates & Yoga  
Instructor

Tamsin brings a warm and supportive approach to classes. After sustaining a hip injury as a teenager, she discovered Pilates and yoga and experienced first-hand the transformative power of mindful movement in rebuilding strength and confidence.

Alongside teaching, Tamsin runs her own hairdressing salon; whether she's teaching movement or caring for her clients in the salon, she loves to help people feel stronger, and more confident in themselves.



SARAH INGHAM

Specialist Massage  
Therapist

Sarah is an experienced Massage Therapist and Myofascial Release Practitioner with a background in nursing and over a decade of experience helping people move and feel better. Her treatments combine clinical expertise with a gentle approach. She has also recently trained as a Pilates instructor.



# *What's Included*

Four nights en-suite accommodation  
at beautiful Cuatre Finques

Breakfast, lunch and dinner using fresh, local  
produce made for us by the villa's private  
chef

One morning and one evening Pilates  
matwork class per day

Additional movement and mindfulness  
sessions

Airport transfer from Alicante airport

Exclusive welcome gift





# *What's Not Included*

## Flights

*(the nearest airport is Alicante - approx 1 hour drive. Alternatively Valencia Airport is approx 1 hr 30 min drive)*

## Travel insurance

*(It is a requirement of booking that you are in possession of private travel insurance with protection for the full duration of the holiday)*

## Alcoholic drinks

## Extra snacks

## Spa and massage treatments

## Cycle hire





# *Food and drink*

*Our food is locally sourced and freshly made.  
Dietary requirements/allergies can be  
catered for*

## Breakfast

After your morning Pilates class, enjoy a freshly prepared continental breakfast featuring seasonal fruit from the estate, yoghurt, muesli, eggs, warm bread and croissants, homemade cake, jams, fresh coffee, tea and fruit juice.

## Lunch

Lunches are light, healthy and designed for sharing, with colourful salads, seasonal vegetables and delicious platters.

## Dinner

Dinner is a relaxed and sociable experience, with family-style sharing feasts, an elegant three-course dinner and a traditional Spanish tapas night. Carefully selected local wines are also available with dinner

## Snacks

There is a fully-stocked honesty bar if you ever need an extra snack or drink!





# *Pilates*

You will enjoy two thoughtfully planned classes each day designed to help you feel stronger, move more freely and reconnect with your body.

We start the day with an energising Pilates session before breakfast to awaken your body and leave you feeling refreshed, stronger and ready to embrace the day ahead.

In the evening we'll come together again for a slower, more restorative practice – designed to improve mobility and help your body unwind after the day's activities.

Our classes are mat-based and also make use of small equipment including resistance bands and Pilates balls. Every class can be tailored to suit your individual needs, making the retreat ideal for all abilities, from complete beginners to experienced Pilates practitioners.

Our aim is for you to return home not only feeling stronger and more mobile, but with a deeper understanding of how your body moves and greater confidence in your practice.



# *Pricing*

Monthly payment plans are available on all pricing options –contact us for details

## TWIN SHARE ROOM

EARLY BIRD\* PRICE – £1195  
STANDARD PRICE – £1295

## PRIVATE ROOM

EARLY BIRD\* PRICE – £1495  
STANDARD PRICE – £1595

## FOUR POSTER SUITE

EARLY BIRD\* PRICE – £1695  
STANDARD PRICE – £1795

Your booking will be confirmed with a non-refundable deposit of £300. Full payment is required 8 weeks before departure (March 3rd)

*\*Early bird Price is available until 30th September 2026 or until the first 6 places are sold, whichever comes first*



# *A Typical Day on Retreat*

All sessions are optional – if you prefer to chill out and rest you are very welcome!

7:30 AM

Sunrise yoga practice

8:30 AM

Pilates class

10 AM

Breakfast

10:30 AM

Free time

1:30 PM

Lunch

2:00 PM

Spa Session / Free Time

5.30 PM

Movement/Mindfulness Session

6PM

Pilates class

8:00 PM

Dinner



# FAQ

## How do I book?

*Please email [info@studio15pilates.co.uk](mailto:info@studio15pilates.co.uk) for a booking form. Your booking will be confirmed with a non-refundable deposit of £300*

## Do you offer a payment plan?

*Yes! Depending on how far in advance you book you can pay monthly installments*

## Do I have to take part in all the classes?

*It's totally up to you. This is your holiday and if you feel you'd like to skip a session that's fine. It's important to listen to your body but bear in mind that we will adjust exercises to suit everyone during classes*

## I want to share a room but I am coming alone – what do I do?

*No problem at all. We can partner you up with someone to share a room with*

## When do I need to pay the full balance by?

*The total balance needs to be paid 8 weeks before departure (3rd March 2027)*



# *Further Information*

EMAIL:

INFO@STUDIO15PILATES.CO.UK

TELEPHONE:

07813 130309

