



2 NIGHT PILATES RETREAT AT CHAMPNEYS TRING WITH SUZETTE TAGG

4-6 October 2019
Champneys Tring

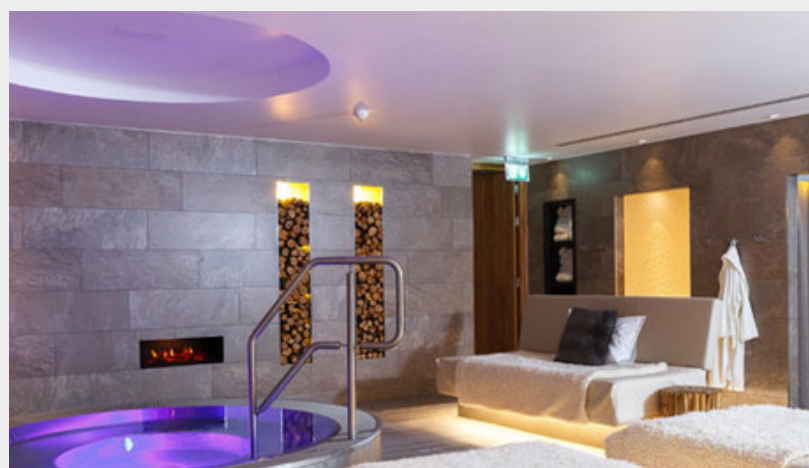
Whether you're a complete beginner or have been practising Pilates for a while, why not join me for an invigorating Autumn weekend of Pilates in the beautiful, relaxing and luxurious Champneys Tring resort.

From beginning to end, this Retreat is all about you – taking time out from the day to day tasks and endless 'to-do' lists, to re-connect with your body, mind and soul. To give back to yourself.

About Suzette

Suzette is a professionally qualified Pilates and Yoga Teacher with fifteen years' experience. She is also a Professional Wellness Coach, with the IAWP (International Association of Wellness Professionals).

Suzette has a passion for helping others to achieve their personal health and well-being goals.



What's included?

Arrival from 2pm (programme starts at 5pm), Depart 4pm

- 2 Nights' Accommodation
- Meet and Greet (with complimentary tea and coffee)
- 1 x Pilates Posture and Spine (6pm on Day 1)
- 1 x Pilates Stretch (Whole Body Flexibility)
- 1 x Pilates Core Strength
- 1 x Pilates Hips and Bums
- Relaxation and Guided Meditation
- Lifestyle and Wellness Workshop
- 2 x healthy buffet breakfasts, 2 x lunches and 2 x three course dinners
- Complimentary use of robe and flip flops
- Up to 20 additional Champneys fitness classes per day
- Option to add spa treatments (see Champneys website)
- Use of Champneys facilities

Please click [here](#) to book.

