



Badhotel Domburg****, Domburg, The Netherlands

PILATES RETREAT WITH NANNET & DEBBIE

DAY OF ARRIVAL

- 15:00 Check-in at the hotel
- 15:30 Welcome and introduction
- 15:45 Pilates-Fitness workshop
- 18:30 Dinner
- 20:30 Relaxercise with Debbie

DAY TWO

- 08:00 Stretch on the beach
- 08:15 Good Morning Pilates (professionals & beginners)
- 09:30 Breakfast
- 10:30 – 13:00 Extra* for professionals: Pilates workshop with Debbie
- 11:00 Fitwalk with Nannet
- 17:30 NanChi Pilates with Nannet
- 19:00 Optional group dinner (extra charge)

DAY OF DEPARTURE

- 08:00 Stretch on the beach
- 08:15 Good Morning Pilates (professionals & beginners)
- 09:30 Breakfast
- 11:00 Gezamenlijke Sea You Later Pilatesles
- 12:00 Check-out
- 12:30 Fitwalk with Debbie and Nannet
- 13:30 Optional group lunch (extra charge)

*For professionals that book this retreat this special workshop is included.

For professionals that want to participate with this workshop but NOT follow the retreat the costs are € 75.

If there is room, it is possible to participate in the classes of Debbie and Nannet for people that do NOT follow the retreat against a charge of € 25 per class.

The combination of the class on Saturday morning + the workshop for professionals not participating with the retreat costs € 89.

Reservations for the 10.30 workshop on Saturday can be made through e-mail:

info@pilatescompany.nl

The type of Pilates is Ground Control Pilates.

These Pilates classes are made with some adjustments to ensure the safety of the participants of different levels of Pilates. Difficult, acrobatic, and risky movements are separated and brought back to the fundamental mat pilates class, suitable for beginners and (semi-)advanced. The different levels of intensity are determined with each exercise. *The program is subject to availability, price and changes and manifest errors, no rights can be derived from them.*