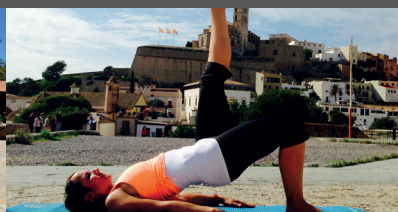


# FIT2DROP PILATES IN PARADISE



4 DAYS - 3 NIGHTS - PRIVATE CHEF - LUXURY VILLA - FULL PILATES PROGRAMME



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[FIT2DROP.COM](https://fit2drop.com)

# Welcome

Welcome to Pilates in Paradise, the 4 days that will help to rebalance your mind, body and soul. The retreats held by Fit2Drop have thought of every detail from luxury accommodation through to food, Pilates and beauty therapies. The tasty yet healthy food for the body and mind are all prepared and served by our private chef. We have a resident beautician tending to your every need from facials through to massages. A full Pilates programme delivered morning noon and night by our fully qualified instructors, which you can join in as much or as little as you would like. Through to the small details of luxury toiletries provided, towels already at the villa for your use, private transfers that can be arranged and unlimited water and hot drinks to quench your thirst, along with the Bar serving a variety of wines, spirits and beer in the evening.



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# Villa Information

The luxury Villa which Fit2Drop has secured on the beautiful Island of Ibiza is Can Cama based just outside of St Eulalia near to Cala Martina a wonderful secluded beach. The Villa is based on the East side of the island about 20 Kilometres away from the airport in Ibiza Town.

The villa has large double rooms, triple rooms and suites to suit all tastes and all with en-suite bathrooms. There is also a luxurious communal area both inside and out, a large swimming pool and Jacuzzi, a relaxation area, tennis courts and boxing area for those feeling a little more energetic, as well as 5 acres of land to explore and enjoy.



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# Example Timetable

Below is a brief timetable of what you could expect during your stay for the 4 days, this is subject to change depending on the weather.

Day 1	8:30 – 09:30am	12:30pm (30mins)	16:30 – 18:00pm	Extras
		Intro To Pilates (1)	Pilates & Stretch (1)	Master Class 16:00pm - Core control
Day 2	8:30 – 09:30am	12:00pm (30mins)		Extras
	Sensory Pilates (1)	Classic Joseph Matwork (2)	Afternoon Exploring	Master Class 11:15am – Back strength and flex
Day 3	8:30 – 09:30am	13:00pm (30mins)	17:00 – 18:15pm	Extras
	Strong and Lean Legs (1/2)	Pilates Ball Core (2)	Power Pilates*(1)	Master Class 12:15pm – Rolling expertise
Day 4	8:30 – 09:30am	13:00pm (30mins)	16:30 – 18:00pm	
	Stretch flex & Revive (1)	Tablates (2)		



**Level 1** – is suitable for beginners to Pilates

**Level 2** - is aimed at the more intermediate/advanced level – but some exercises might be a contraindication to some orthopedic issues – please speak with your instructor before participating and ensuring you have alternatives

**Extras Available:**

Personal Pilates sessions and Personal Training Sessions can be booked with Sarah.

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# Food and Refreshments

During your stay at the villa a private chef will be on hand to provide for your every need and the menus have been created with a paleo and clean eating style in mind, without compromising on taste and flavour.

Breakfasts are a combination of cold buffet and also an 'egg' inspired breakfast. to enjoy post morning Pilates. Each morning you will also receive a juice to help kick start your metabolism which is handmade and fresh.

Lunchtimes will be a buffet lunch, with a hot option also available each day. One lunch time you get to partake in a cookery lesson with our private chef, to create a paleo inspired lunch, and learn new skills in the process.

Evening meals - these will be provided each day except day 2 where you will have a chance to sample the local delicacies outside of the villa. These will range from Spanish themed meals through to gourmet menus - all hand picked and delivered to you by our private chef. And will be served alongside the villa bar as well. (Wine is wellness after all!)

All pallets can and will be catered for throughout your stay, and any allergies will need to be disclosed at the time of booking.



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# Flights & Booking

## Flights

All major airlines fly to the island of Ibiza throughout the summer, and the best flights can be sought using [skyscanner.com](https://www.skyscanner.com)

## Booking your place

In order to book your place on the Retreat, send an email to [Sarah@fit2drop.com](mailto:Sarah@fit2drop.com) and a booking form and medical questionnaire will be required to be filled out to secure your place, along with a non refundable deposit at the time of booking.



So join us on the beautiful island of Ibiza to eat, sleep and Pilates Retreat with Fit2Drop. We guarantee to make those 4 days as memorable, relaxing and enjoyable as possible for you, where every need has been thought about, every desire has been satisfied and everybody heads home mindful, relaxed and ready to face the world once more.

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