

# Exclusive Pilates Retreat in Italy, Piedmont

## inclusive:

- wellness breakfast and lunch
- 2x daily classical pilates session
- 1x Piedmontese cooking class
- e-bike or mountainbike tour
- guided trekking-tour with wine tasting
- weekly market visit with regional delicacies

## price:

CHF 1.790,- per Person  
CHF 1.590,- for Early Birds

## more information:

[www.ilona-h-hefty.ch/  
pilatesretreat/](http://www.ilona-h-hefty.ch/pilatesretreat/)

retreat: 17th - 24th October 2020



**Ilona H. Hefty**  
AUSSEN FIT + INNEN FIT

## notification:

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Very little  
is needed to  
make a  
happy life!

