

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: 18th - 24th September 2021



notification:

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Optional:
Detox-
Programm
to feel good!

