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hosts:

# *The Pilates Retreat*



2-5 Oct 25



*Thursday 2nd October*

### **Arrival and check-in**

From mid-afternoon settle in and enjoy the beauty of Bab Zouina

### **Intention setting**

Each participant gets a 15 minutes 1:1 session with the organisers to set their intentions and have a tailored made journey

### **Welcome dinner**

Meet the group

### **Restorative flow**

Let each stretch lift the weight of the journey



# *Fridgy 3rd October*

## Energising Flow

A Pilates session to feel strong, awake, and aligned

## Breakfast

## Flower arrangement

Design, create, and bring your floral masterpiece to life

## Picnic beldi

## Free Time

Optional Tennis game / Pooltime

## Breadmaking masterclass

Traditions pass on to you

## Recovery flow

A fluid and calming stretch flow

## Dinner



*Saturday 4th October*

Upper body Awakening  
Pilates flow focused on the upper body

Breakfast

Excursion

No equipment need, just bring your beautiful self

Lunch

Wellness masterclass  
In collaboration with a pharmacist

Freetime  
Snacks available

Girls' night  
Optional book club

Dinner

Guided meditation

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*Sunday 5th October*

**Balacore Pilates**

Leg day but make it fun with some ballet inspo

**Breakfast & Farewell**

Leave at your convenience  
unwind till the very last moment

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# *Price list*

## Accommodation

All the meals & snacks are included and catered to your specific diet

Shared room (twin bed) with private bathroom 500€ / 5200dhs

Shared room (twin bed) with shared bathroom 470€ / 4900dhs

Can accommodate single rooms 650€ / 6760dhs

## ADD-ON

Transfert to / from the villa / airport  
*1 way (per person)* 30€ / 310dhs

## NOT INCLUDED

Flights tickets



What are you waiting to join the collective ?  
DM us to book or enquire about any questions.

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