

**Mum's Retreat Weekend
June or September 08**



Escape to Spain for a weekend of relaxation and gentle exercise to boost & invigorate you

Tara's Retreat is a comfortable country house in the Murcian countryside and is an ideal location to relax, have fun with friends and do some Pilates and Yoga (for all levels) to help invigorate and restore you.

The house itself is very peaceful and can accommodate up to 11 people sharing twin rooms. The rooms are en-suite and air conditioned. There is a comfortable lounge/sitting room and a studio for classes.

There is also a hottub and swimming pool.

Surrounded by mountains and the tranquil hills of Murcia the house is in a typical Spanish country village La Magdalena with fields of Almond, Olive, Orange and lemon trees.

The weekend is all inclusive, you will be collected from Murcia airport on a Friday evening and transported to Tara's retreat (30 min transfer time) where you will be greeted by your host and Pilates teacher Vivienne. You can then relax whilst having a welcome drink and dinner. Time to settle in and a good nights sleep. Saturday morning you can join in the Pilates or Yoga session (optional) and then Breakfast. You will then be taken to the beautiful City of Cartagena for some retail therapy.

Clothes are cheaper in Spain and bargains can be had. Then lunch at the port before setting off back to the Retreat for an afternoon of relaxation. Our visiting therapist Drew will offer you either reflexology, full body massage, Indian head massage or aromatherapy and everyone can take some quiet time or relax in the hot tub. Late afternoon will be another optional Pilates or Yoga session before dinner.



Sunday morning and another optional Pilates or Yoga session. Relax or walk in the countryside and then out for Sunday lunch in the local restaurant. You will then have some time to relax before being transferred back to Murcia airport feeling ready to face the world again.



www.tarasretreat.com

Booking and itinerary

Based on 8 people sharing twin rooms

All inclusive Only £190

Price does not include flights but flights can be arranged.

Price inclusive of

- Twice daily Pilates and Yoga sessions
- All meals and snacks at the Retreat and wine with evening meals
- Transfers
- Day out to Cartagena or Mazarron (transport included)