



Pilates Retreat

GROUND
movement

BALI
INDONESIA

19-25 JUNE 2025

7 magical days
6 restorative nights
1 unforgettable experience



The Retreat

- Female-only Pilates retreat
- 2 Pilates sessions per day with Charissa
- Guided evening meditations
- Daily pampering at the in-house spa
- Fully catered – all food provided
- Exclusive group of up to 8 guests
- Bali airport & hotel transfers to Villa
- We take care of all the logistics for you!

The Accommodation

- Luxurious bedrooms with ensuites
- Sprawling private estate at Villa Manna
- 2 huge pools and multiple relaxation zones
- Villa concierge, chef and daily housekeeping
- Balinese style open living and dining
- Tropical gardens overlooking rice fields
- 24 hour security and private drivers
- 12 minutes by car to beach and shops



RETREAT PACKAGES

GARDEN VIEW SUITE	\$4,995
POOL VIEW SUITE	\$4,795
POOL TERRACE 2 BDR VILLA	\$4,495

PRICES ARE PER PERSON AND INCLUSIVE OF GST

THE FINE PRINT:

BOOKING TERMS & CONDITIONS APPLY.
\$2,000 DEPOSIT REQUIRED AT TIME OF BOOKING TO SECURE PLACE.
BALANCE DUE BY 31 MARCH 2025.
NOT INCLUDED: FLIGHTS, ALCOHOL, TRAVEL INSURANCE.

BOOK NOW! info@groundedmovement.com.au