

Rest & Restore Retreat

4 - 7th May 2023

FAQs

Can I bring a friend or partner? What if they don't want to participate in classes or workshops?

- Absolutely. We welcome anyone to join who might just be needing some time away to rest & reset. All classes & workshops/events are optional. We are however unable to offer discounts based on participation.

What happens if I want my own room but only twin share available?

- Unfortunately because of the variety of rooms and prices the retreat will be sold on a first-in-best-dressed basis. However, we will make sure if you want to come along on your own we will endeavour to match you with someone like-minded

What happens if I get Covid or can't attend due to a last-minute emergency?

- The best thing to do would be to purchase travel insurance. As a small business and significant upfront fees, we are unable to refund you. However, we are happy to try and fill your spot or you can always try and pass your spot to a friend if unable to attend.

Ask another question. Email hello@pilateshaus.com.au

Sneak Peak

7:30am: Power Pilates or Yoga Flow

8am: Nourish with a wholefood breakfast

9.30am: Relax or 1:1 private session

10am: Walk or trip to Fitzroy falls

12:30 pm: Lunch

1pm: Chill or explore the property
or 1:1 Private

4.30 pm: Pilates or Yoga Flow

6pm: Dinner + Fire Pit (Event on last night)

