

PILATES HAUS RETREAT

- KALIA BINGIN, BALI -



JUNE 7 - 12, 2026

Make unforgettable memories with our 5 night, 6 day Island retreat!

Escape the winter blues and Join Rayna & Ilana in Bali!
Immerse yourself in the beachside Balinese culture of Bingin,
Uluwatu.

Enjoy your time **Moving** with daily classes of **Pilates & Yoga**,
Nourish with delicious fresh food and explore some of the best of
Balis beaches.

There is something for everyone to enjoy.



PILATES HAUS BALI RELAXATION RETREAT

WHAT TO EXPECT

Each day will consist of a morning Mat Pilates, Reformer or HIIT session
Wind down with evening yoga and meditation in the upstairs yoga shala, looking over the pool and gardens



Expect to be nourished daily with delicious organic meals, experience an intimate healing session, pamper yourself with a traditional Balinese massage and enjoy spectacular sunset dinners.

There will be plenty of free time to unwind and soak up the sun, connect with like-minded people, immerse yourself in the local culture and enjoy the beauty the Balinese beaches and coastline have to offer.

Come by yourself or with a bestie/partner/family.

INCLUSIONS

5 nights accommodation (exclusive use of the villa & facilities)

Welcome drink & Canapés

Nourish with daily breakfast & dinner

Move with daily Pilates /HIIT & Yoga

Rejuvenate with guided recovery experience

Pamper with a Balinese Massage

Relax with intimate healing workshop

Indulge with Sunset Dinners



Additional: Surf lessons, snorkel with Manta Rays and car/ scooter hire.
Flights are not included

LUXURY ROOMS

Deluxe King Solo Room x 6

Own room - King Bed

\$2695 pp

Payment plan available

6 x available

Spacious Twin Share x 4

Shared room - King Bed/optional

fold out

\$1995 pp

Payment plan available

4 x available

Early bird or pay upfront offer

\$100 OFF! Prior to AUG 31st '25



Signature Welcome drink & cold towel

Daily housekeeping service

Daily complimentary drinking water (in the room)

Complimentary tea and coffee (in the room)

Organic soap, shampoo and conditioner

Biodegradable toothbrushes and natural toothpaste

Laundry (extra on request)

Wi-Fi and Aircon



GET IN TOUCH



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