

Evening Standard

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# METRO LIFE

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## **PILATES RETREAT**

Sarah Rosenfield, a Pilates instructor with 11 years' experience, runs various week and weekend retreats in the UK and Europe. A week at the peaceful La Serrania in Majorca (Sat 14-Sat 21 Jun), including food, accommodation, wine, two Pilates classes a day and a massage. £750 (020-7722 4373). [www.pilates-institute.co.uk](http://www.pilates-institute.co.uk).