

La Serranía - Majorca



A retreat/holiday at La Serranía is an opportunity to break out of established patterns and refresh yourself with an inspiring experience that can change the way you see yourself, your work, your purpose. It's a time to explore creative ideas with thoughtful people in a nourishing environment.. Add to

that pilates in the morning/ evening with relaxation/meditation and to top it all massage/reflexology and healthy Mediterranean cooking, what more could you want? www.laserrania.com.

IF YOU, YOUR ARTISTS OR IF YOU *ARE* AN ARTIST THINKING OF A PLACE WHERE YOU CAN ESCAPE AND RELAX IN TOTAL TRANQUILITY AND PRIVACY, THEN THIS COULD BE FOR YOU. Clean air, stunning vistas and a peacefulness accompanied by sheepbells and singing birds - set halfway up a mountain amongst the olive groves.



Pilates teacher/event organiser Sarah Rosenfield travels to La Serrania throughout the year organising private pilates and massage retreat/holidays. Max number of guests - 12.

You may prefer one of the alternative workshop/retreats offered during the year or perhaps Sarah could help you cater a specific week away according to your group or to your

personal needs. We can also cater for team-building retreat/holidays.

For more information, contact Sarah Rosenfield on 020 7722 4373 www.pilates-institute.com/instructors/sarahrosenfield.htm

Sarah is a member of the Pilates Institute and currently teaches private one2one tuition to actors/musicians from their homes and in some selected offices.



References available from Sanctuary Records or elsewhere....please ask.

