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- Lucy Wood -
METRO NEWSPAPER

BEAT A RETREAT

Pilates Workshop at La Serranía, Mallorca, Spain

'When did you arrive?' I asked a fellow guest at dinner as we sat underneath a blanket of stars at La Serranía. 'A few days ago,' he replied, 'but I think I only got here



yesterday.' It takes time to unwind from frenetic city living to a gentler pace, where the only sound is tinkling sheep bells and 'work' is two classes of Pilates a day.

Pilates expert Sarah Rosenfield (pictured) taught us the basics of core stability, isolating and engaging the rarely used muscles of the pelvis and spine, and making tiny movements that were surprisingly agonising.

With more difficult variations integrated as we progressed, after a few days I felt my posture and muscle tone had improved. Early morning swims in the pool against a backdrop of mountains, home-cooked food and a detoxifying massage took the edge off the hard graft in class.

La Serranía workshops cost £750.

For details, e-mail retreats@laserrania.com or visit www.laserrania.com

The next Pilates retreat is at the Burren Centre, in County Galway, Ireland, from Nov 21 to 24.

Prices start at £250. Tel: 07767 404748 or e-mail www.srmgmt@aol.com