

# style

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retreats

## IF YOU'RE STIFF

### PILATES, HORRABRIDGE, DEVON

Grimstone Manor in Horrabridge sounds more like something out of a horror film than the location for a Pilates and massage retreat. But fears of zombies were forgotten as we were greeted by Sarah Rosenfield, a teacher at London's Karma studio.

Pilates is a series of precise exercises that improve posture and increase strength and flexibility. Sarah led us through three 90-minute classes, starting with the basics. By Sunday, we all felt like pros, so she cranked up the pace, and I felt muscles I didn't know I had.

Thankfully, Ami Hart was on hand to soothe away any aches and pains with

massage and reflexology. After half an hour with my feet in her hands, I was asleep.

By the time I came to leave on Sunday, full to the brim with delicious veggie food, my body felt more toned than it had in months, and I was recharged for the week.

**Cancel the milk for:** the weekend.

**Hair shirt or pampered princess?** Think favourite cosy jumper. The pace isn't exactly hard-core — breakfast from 8.30am, two classes a day. But most bedrooms are shared (not ensuite) and guests must wash up.

**Nutty new-age quotient:** 3/10. It's more about physical wellbeing than crystals.

**Will I be born again?** You might become a Pilates fanatic, and you'll definitely unwind.

**Reality cheque:** £220, all-inclusive.

**Booking:** 020 7722 4373; srmgmt@aol.com.

Sophie Craven

