

THE HILL

Retreating to health

Sarah Rosenfield took up Pilates 11 years ago when her own osteopath advised her that it was the only cure for her back and neck pains. After a very short time the difference was significant and now she wants to share her experiences in a way that will help other people with their own back problems and injuries. As well as weekly

lessons Sarah also organises Pilates retreats. The next one is from 4-11 September at La Serrania in Majorca. The retreat is in a spacious house set amongst almond and olive groves with breathtaking views over a peaceful valley. A maximum of 12 people per trip ensures each person gets one-on-one attention in classes. Further information from www.sarahpilates.com.

