

WELCOME TO ITALY

We're delighted to offer our 8th - 13th October 2023 Pilates and Mindfulness retreat just outside Polignano a Mare in the beautiful region of Puglia in Southern Italy. The 5 night retreat is run by Rosalind Hoyes at the 5* resort and Spa Borgobianco

IS DOING WHAT YOU LOVE SELFISH?

It's never selfish to love, prioritize and adore yourself because the one who should be taking care of yourself will always be you.



POLIGNANO A MARE, ITALY



POLIGNANO A MARE

Puglia is something more than a postcard, it is a state of mind, a state of *vita lenta*. Polignano a Mare is a little blessing of Puglia: it is its emblem, but you tend to visit it quickly, like visiting a postcard, without attempting to get in touch with its life, its *vita lenta* (“slow life”) and its citizens. If we think of Polignano a Mare, we immediately think of its marvellous cliff overlooking the sea, where – we don’t know how – the people of Polignano dug and built houses that today have an inestimable value. Then there is the bridge, built on the ancient Via Traiana, over the beach theatre of Red Bull Cliff Diving and finally the spectacular viewpoints that appear around the corner, in a mixture of surprise and awareness that the sea is always there.

PUGLIA , ITALY



Puglia, a southern region forming the heel of Italy’s “boot,” is known for its whitewashed hill towns, centuries-old farmland and hundreds of kilometers of Mediterranean coastline. Capital Bari is a vibrant port and university town, while Lecce is known as “Florence of the South” for its baroque architecture. Alberobello and the Itria Valley are home to “trulli,” stone huts with distinctive conical roofs.

BORGObianco



A 5* EXCLUSIVE RESORT AND SPA

Borgobianco is a typical Apulian Masseria set on the high cliff top overlooking Polignano a Mare and the Adriatic Sea. Borgobianco is surrounded by olive groves and vineyards and the fairytale setting is in keeping with the unique style and local traditions of this beautiful region of Italy. Borgobianco exudes luxury and elegance.



FACILITIES

48 Rooms all double en-suite with terrace or balcony views

External swimming pool with lunch facilities

Restaurant and terrace seating

Lobby bar and Lounge

Courtyard seating area

Spa centre comprising

Indoor pool and sauna

Beauty and Wellness centre

Meeting rooms

BORGObianco

POOL



One of the most evocative locations in Borgobianco is the outside pool with panoramic views of the Adriatic sea. Here you can relax, listen to the sound of the Apulian Countryside, take a relaxed swim or have a light lunch or snack sitting by the pool.

ROOMS



With 48 rooms all elegantly furnished that offer a relaxing atmosphere and represent a fabulous convergence between modernity and the warm welcome typical of charming Apulian farms. The rooms are furnished following the typical taste and style of an ancient Apulian farmhouse. The rooms have queen size bed and are enriched by a small terrace or patio overlooking the countryside or Adriatic sea.

All rooms are equipped with with Air-conditioning, heating, flatscreen TV, safe, minibar and Tivoli radio.

BORGGOBIANCO

SPA AND RESORT



Here you will discover a world of beauty, history, elegance and serenity. The spa is almost 1000m2 with heated pool, whirlpool, sauna and gym. Massages are carried out by our wellness specialists leaving you relaxed, pampered and energised. There are 5 rooms dedicated to massage and beauty treatments and our experts will ensure you benefit from all the treatments on offer at a time that suits you.



WHITE RESTAURANT

Your restaurant experience starts with breakfast, offering local ingredients, fresh coffee and a view from the terrace that's hard to equal. Dinner consists of typical Apulian food served in the White restaurant in a relaxed and refined environment. All food is served with the best local products (most at zero miles) whilst enjoying panoramic views of the Adriatic sea or countryside.



BORGOGBIANCO



ITALIAN ESCAPES PILATES & MINDFULNESS RETREAT

Sea to Sky Experiences are delighted to announce our Italian Escape Pilates and Mindfulness retreat in October 2023 at the Borgobianco 5* resort and Spa.

The retreat will be hosted by Rosalind Hoyes and will take place between Sunday 8th October and Friday 13th October 2023 (5 nights stay / 4 days Pilates and Mindfulness)

Your daily programme devised for you

After a delicious breakfast...

On the first day, Rosalind will spend time with you on an individual basis to ensure that you gain the maximum benefit from the daily class sessions.

Each day, Rosalind will guide you through a morning of carefully constructed classes that subtly interweave calming meditations and a fun flowing series of Pilates exercises.

The sessions will have been devised to ensure a total body workout suited to you and designed to build daily to increase your range of movement, strength and suppleness.

We will use small pieces of equipment such as bands, balls and weights, adding variety and fun to your Pilates experience.

After lunch

You can soak up the atmosphere of this fabulous hotel, indulging in a relaxing beauty treatment, swimming in the pool or sipping on a cold glass of wine whilst reading your favourite book.

Late afternoon/early evening

We will gather again to invest time in some of the guided meditation practices that have been proven, through neuro-scientific studies, to calm the body's nervous system. You can just let go and enjoy the pleasant sensation of spaciousness this practice affords and amplify the benefits soaking in the stunning sunsets and sounds of the ocean.

Classes are suitable for all levels of experience and we welcome beginners and experienced alike.

COSTS

The retreat is limited to 8 persons ensuring you receive the personal attention and dedication from Rosalind

Total price per person £ 1750.00

The costs include

Transfer from Bari Airport to Borgobianco and return transfer

5 nights half board at Borgobianco, half board includes breakfast and 3 course dinner with water and house wine selection

Single occupancy Deluxe room (en-suite)

Daily Pilates and Mindfulness programme

Unlimited use of the outdoor pool, Spa facilities (Sauna, indoor pool and Steam room) and fitness room

Exclusions

All flights

Drinks and lunch at Borgobianco

Treatments in the Spa

Excursions

Spaces are limited for this exclusive retreat, if you wish to enquire further or to confirm a space please contact us direct at hello@myseatosky.co.uk or whatsapp +44 7534 414 487 and speak to myself directly, Jeremy.

Sea Sky will be in Puglia for the retreat so should you require anything we will be only too happy to assist in person.

See you in Italy

