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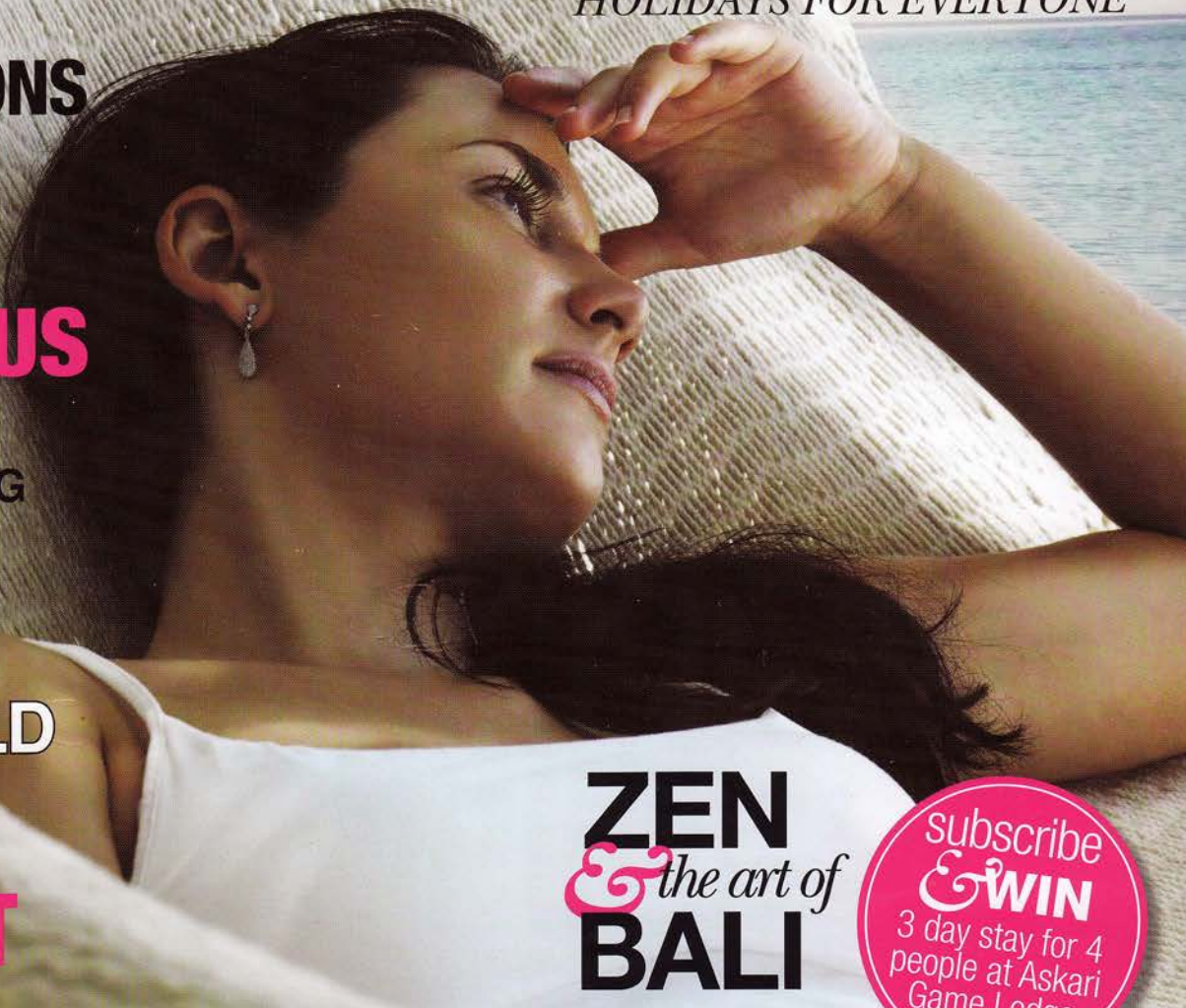
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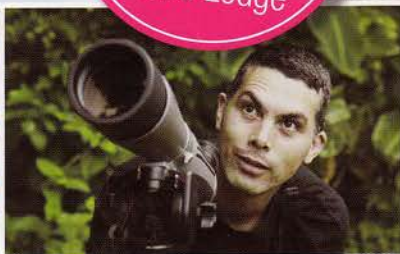
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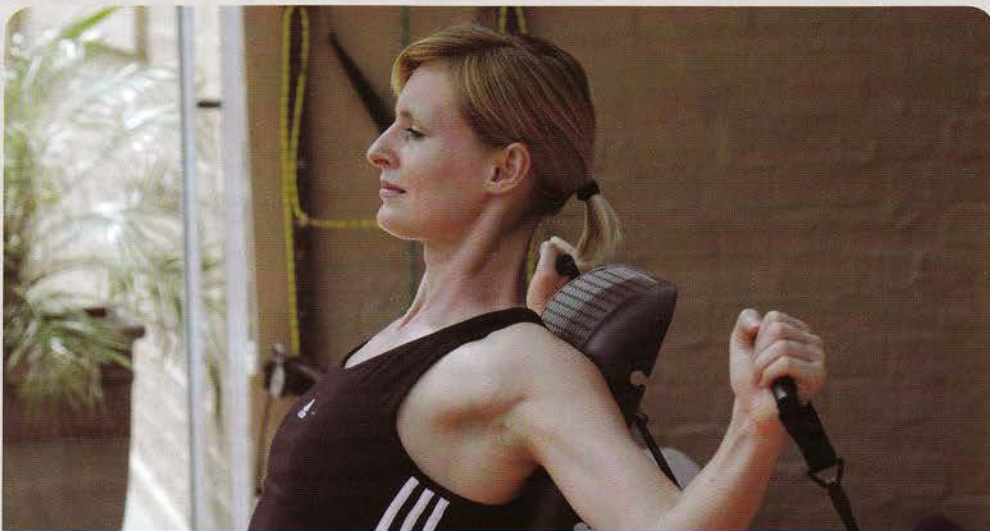
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Get into shape with Pilates weekend retreats

Inspiration, fitness & laughs is what Steve Jordan Pilates retreats are all about.

There's a stunning new Pilates studio right near the beach in beautiful Betty's Bay, a mere hour's drive from central Cape Town. Run by Steve Jordan, who has been teaching Pilates for over 19 years and who has established his unique brand "Steve Jordan Pilates" in London, now offers exclusive Pilates weekend retreats throughout the summer – a relaxing getaway for men, women and couples who want to have fun and get in shape at the same time! The bright and sunny 48m² glass-walled and roofed Pilates studio is attached to The Palace, a small but perfectly formed boutique-style guest house, originally a private home and now transformed into an oasis of peace and comfort. In between Pilates sessions, guests can set off to enjoy Betty's Bay's still wild and undiscovered eco rich environment. With the sea and mountains right on the doorstep there is plenty to do – surfing, sand-boarding, hiking, kayaking or mountain biking in the Kogelberg biosphere reserve (mountain bikes, body boards and sand boards can be rented). To relax in style, guests have access to a stress-relieving jacuzzi-spa with unforgettable views of the sea and the mountains, making you want to stay forever!

The Steve Jordan Pilates weekend retreat costs R 1,950 per person and includes:

- 2 nights in a double room (Friday + Saturday)
- Daily health breakfast
- 4 Pilates sessions, including health assessment by Steve Jordan (60-90 minutes long)
- 1 x Dinner (braai on Saturday night)
- Use of jacuzzi-spa with amazing sea and mountain views
- Plenty of privacy to relax in between or to set off on your own in Betty's Bay

For further information please visit www.stevejordanpilates.co.za.

For bookings please call Tel. 028 272 9723 or email steve@stevejordanpilates.co.za.

