

THE DEEP RESET PILATES RETREAT

A woman's deep reset in the Catalan mountains - where you're held by nature, movement, and community.



📍 Southern Catalunya, Spain • **25–28 June 2026**

YOUR INVITATION

You've been craving space.

Your body's been asking for a reset.

Movement, nature, stillness, connection, and deep nourishment awaits you.



THE DAILY RESET

- Relaxing mornings - slow coffee, fresh fruit, quiet air.
- Morning Pilates - energising, strengthening, awakening.
- Long brunches - nourishing, locally sourced, shared.
- Open afternoons - pool, sun, naps, pages of a book, optional kayaking
- Nature walks - gentle movement and wide-open views.
- Evening Restorative Stretch Sessions - unwind, release, return to ease.
- Dinner under the sky - laughter, connection, sisterhood.
- Soft evenings - early sleep, dancing, games, simply being. You choose.

Each day, a deeper exhale...





WHAT'S INCLUDED

- 3 nights / 4 days in our private mountain sanctuary.
- 6 guided movement sessions: Thu evening • Fri & Sat morning + evening • Sun morning.
- Chef-prepared brunches + dinners (locally sourced + organic).
- Coffee, tea, fresh fruit + nourishing light bites throughout the day.
- Full access to the pool, nature trails + quiet spaces.
- Guided opening intention circle + closing integration circle to anchor your reset.

MEET YOUR HOST

Niamh Brangwyn

Hey beautiful, I'm Niamh - a Pilates specialist helping women build strength and flexibility through Pilates, for a confident, resilient body.

Movement has been part of my life since I was a child - it's always been a deep love of mine. But for a long time, I found myself stuck in a vicious cycle of recurring injuries and not fully trusting my body. I ignored the signs it was giving me and kept pushing through. Over time, that turned into chronic pain - now a distant memory.

It taught me something I'll never forget: your body isn't something to override - it's your greatest superpower. When you listen to it, put it first, and truly honour what it needs, everything shifts. It's been a life-changing journey, and it showed me the power of taking time out to reset and slow down - which is a huge part of what inspired this retreat.

I created The Deep Reset Retreat for women like you who make their health and well-being non-negotiable. You know you're your best self when you show up for yourself - not last, not "when you have time," but as a priority. This retreat is built on that truth.

I can't wait to share this special space with you!

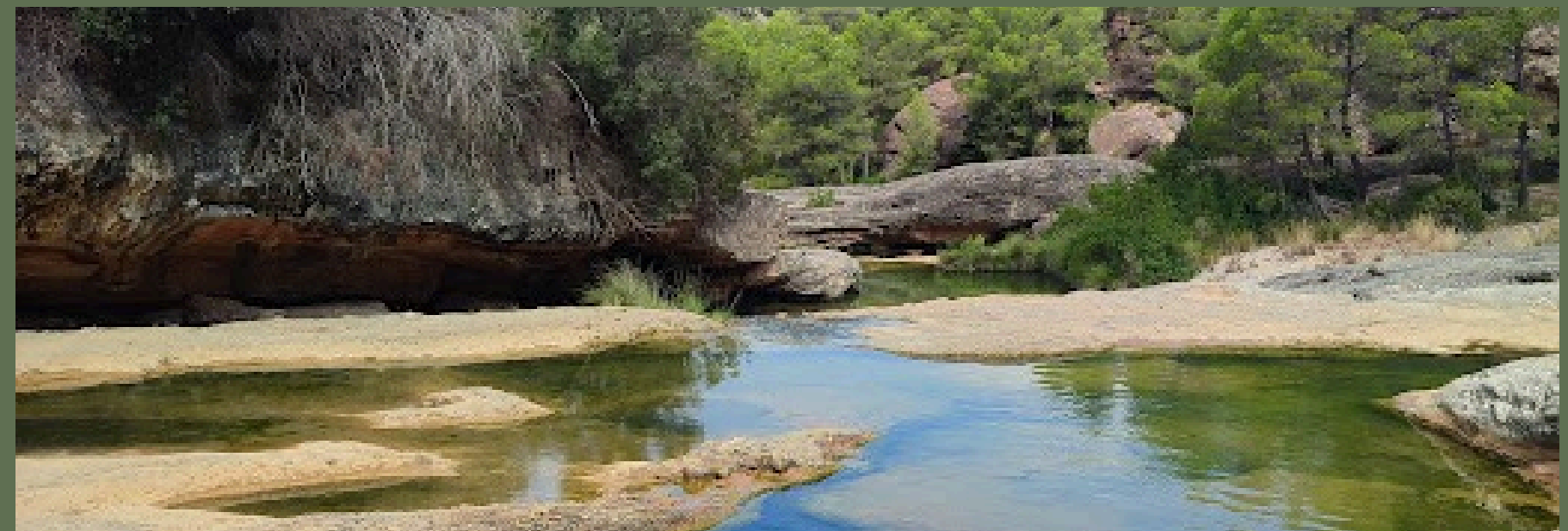
*With love,
Niamh x*



OPTIONAL EXPERIENCES

- Holistic massages & facials.
- Kayaking on the Ebro River.
- Visit to nearby beaches & coastline.

Available if desired - this is your reset.





INVESTMENT

Accommodation Options

Choose what feels best for your reset.

Twin Room - Shared

→ **£1,500** per person

→ £300 deposit • **£1,200 remaining**

Ideal if you're coming with a friend (or open to sharing with another guest).

Private Room - Solo

→ **£1,900** per person

→ £300 deposit • **£1,600 remaining**

Perfect for deeper personal space.

Deposit

- **A £300 non-refundable deposit secures your place.**
- This is deducted from your final balance. The remaining balance is due within 14 days of booking.
- If you prefer, you're welcome to pay in full at the time of booking (deposit + remaining balance).

TRAVEL & ARRIVAL

Fly into

Barcelona El Prat (BCN)

Alternatively: Reus (45 mins) or Valencia (2 hrs)

Private Taxi Transfer

- Once everyone's flights are confirmed, I'll open a WhatsApp group to coordinate arrival times.
- If arrival times align, I can arrange a shared taxi from the airport.
- ~1 hr 45 mins from El Prat Airport.

Train Option

Airport → **Barcelona Sants** → **Mora La Nova / L'Ametlla de Mar**

- One change at Barcelona Sants
- Local stations are ~25 mins from the retreat
- I can arrange a taxi pickup from the station

Check-In & Check-Out

Arrival - Thursday 25 June, from 3pm

Departure - Sunday 28 June, around midday

Flights and transfers are not included - I'll help coordinate the smoothest option for you.



FAQ'S

Do I need to come with someone or can I book solo?

Most women come solo - you're welcomed into instant connection, belonging, and sisterhood.

Do I need Pilates or flexibility experience?

Not at all. Every level is welcome. Everything is an invitation, never a requirement.

How do I get there?

Fly to Barcelona El Prat (BCN) (Reus or Valencia are also options).

→ *Train Option:* Airport → Barcelona Sants → Mora La Nova / L'Ametlla de Mar. The journey requires one change at Barcelona Sants.

Both stations are ~25 minutes from the retreat. I can arrange a taxi pickup from those stations.

→ *Shared taxi (if arrival times align):* If several guests land around the same time at El Prat, we can arrange a shared taxi to the retreat.

What's included in the retreat price?

Accommodation, all movement sessions, brunches + dinners, snacks/tea/coffee, pool + nature access, and opening + closing circles.

What's the investment + payment structure?

Your deposit *secures your space*. After that, the remaining balance needs to be *paid in full within 14 days*.

What is your cancellation policy?

The deposit is **non-refundable**. The full amount is **non-refundable**. If needed, you may transfer your place to another woman (with my confirmation). Travel insurance is strongly recommended (approx. £20–£40).

Can you cater to dietary needs?

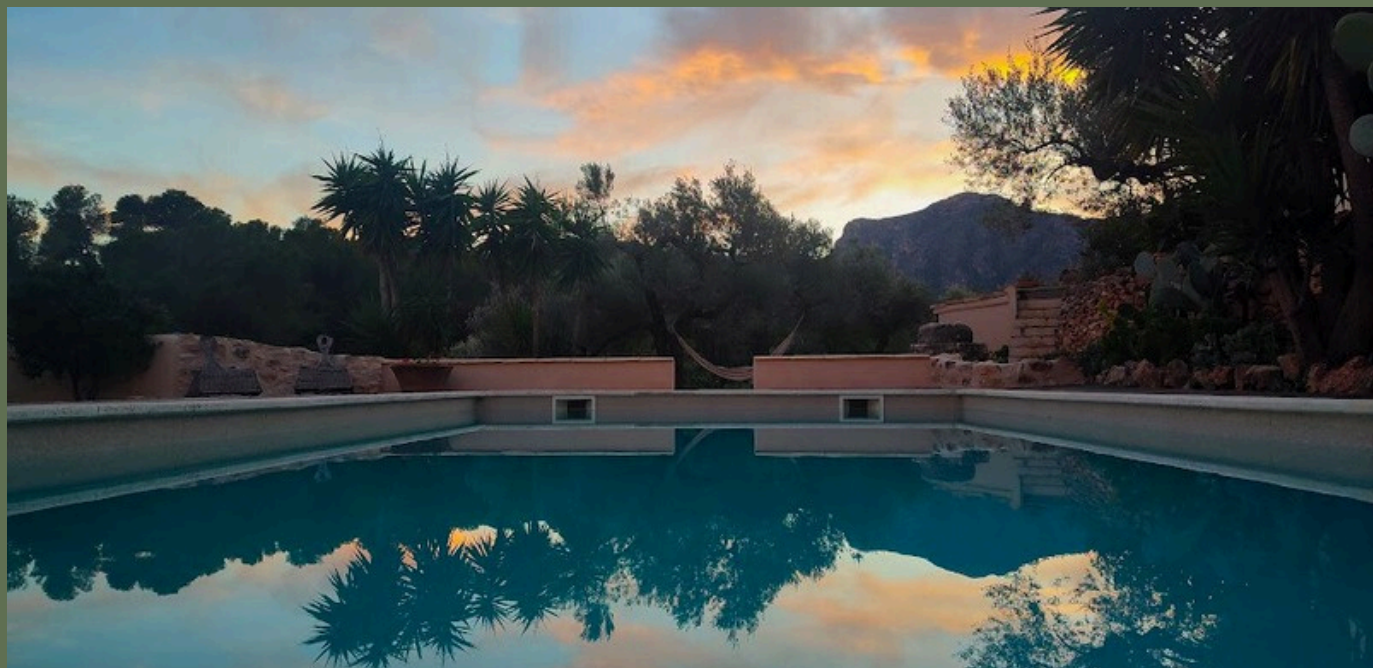
Yes - all meals are chef-prepared using local produce. Most dietary requirements can be catered for - just let me know in advance via email.

How do I book?

You're a full-body YES - email me and I'll send you the link to pay the £300 deposit and secure your place.

You'll then receive a second link for the remaining balance, due within 14 days - unless you choose to pay in full at booking.





RESERVE YOUR SPACE

To secure your space contact
me directly:

niamh@pilatespowered.com