

# 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.

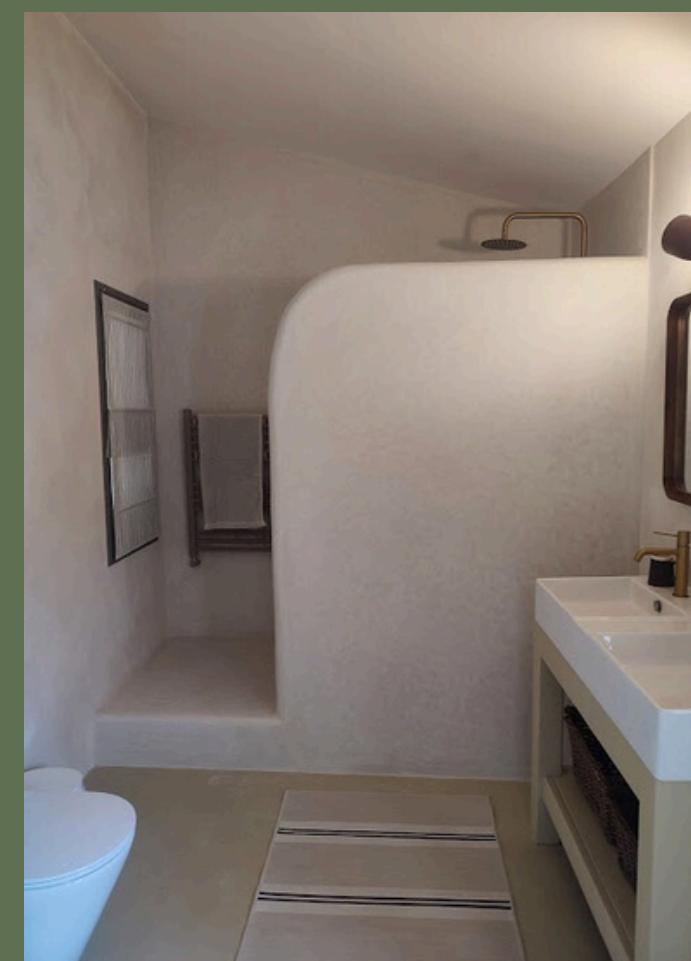
*Available if desired - this is your reset.*



# 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](mailto:niamh@pilatespowered.com)

