

MAS DE TORRENT, COSTA BRAVA

PILATES & WELLNESS RETREAT

by Ksenija Selivanova



18th – 21st March 2027

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PILATES & WELLNESS RETREAT/

Each morning begins with an **energising Pilates practice** designed to build strength, improve mobility, and awaken the body. The remainder of the day is yours to enjoy at your own pace—whether unwinding by the pool, relaxing in the spa, indulging in a wellness treatment, exploring the surrounding countryside, or simply finding a peaceful corner to pause and recharge.

Throughout your stay, you'll enjoy **three nourishing** meals each day, thoughtfully prepared with fresh, seasonal ingredients. As evening approaches, we'll gather for a **gentle restorative practice** to ease tension, calm the nervous system, and encourage deep relaxation before dinner.

Whether you're discovering Pilates for the first time or looking to deepen an existing practice, this retreat offers a welcoming space to move with intention, reconnect with yourself, and return home feeling **stronger, restored, and renewed.**

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BENEFITS/

- Build strength and body awareness
- Improve posture and balance
- Increase mobility and flexibility
- Release tension and promote deep relaxation
- Reconnect with your body and restore inner balance



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DATES/ 18th – 21st March 2027

LANGUAGE/ English

CHECK-IN/ 3 pm

CHECK-OUT/ 12 pm

*Limited spots available

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03

MAS DE TORRENT HOTEL & SPA, RELAIS & CHÂTEAUX/

In the heart of the Empordà, Mas de Torrent is an iconic 18th-century farmhouse, beautifully restored to offer a refined retreat between the countryside and the Mediterranean.

@masdetorrent



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MEET KSENIJA/

Through therapeutic treatments, movement sessions, retreats, and educational workshops, Ksenija creates experiences that inspire mindful movement, deep restoration, and lasting wellbeing.

@the moments

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PROGRAM/

Day 1

- 03.00 pm | Check-in
- 05.45 pm | Team and participant introductions
- 06.00 pm | Welcome Circle & Post Flight Flow (shala)
- 07.30 pm | Welcome Dinner

Day 2

- 08.30 am | Dynamic Pilates (shala)
- 09.30 am | Breakfast
- 11.00 am | Creative Workshop
- 01.00 pm | Lunch
- 05.00 pm | Lymphatic & Face Massage Workshop
- 07.00 pm | Dinner
- 08.00 pm | Breathwork & Yoga Nidra (shala)

Day 3

- 08.30 am | Dynamic Pilates (shala)
- 09.30 am | Breakfast
- 10.30 am | Hike
- 01.00 pm | Lunch
- 06.00 pm | Yin & Breath (shala)
- 07.30 pm | Farewell Dinner

Day 4

- 09.00 am | Dynamic Pilates (shala)
- 10.00 am | Breakfast
- 12.00 pm | Check-out

**The schedule is approximate and may be adjusted slightly as the retreat progresses.*

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INCLUDES/

- Accommodation in a double room for 3 nights
- Welcome drink
- Full board with local and seasonal products (adaptable for vegan, celiac and other food intolerances). Includes non-alcoholic drinks with meals.
- Face Massage Workshop
- Craft Workshop
- Access to Mas Spa: sauna, water circuit, heated swimming pool, treatment rooms and Technogym fitness gym.
- Special offers on selected beauty spa products
- Pilates equipment included: mats, blocks and straps

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WHAT TO BRING/

Although **Mas de Torrent** provides everything you'll need, we recommend packing:

- Comfortable shoes for walking around the estate and vineyards.
- Comfortable clothing for pilates and outdoor activities.
- A notebook or journal to capture your thoughts and reflections.
- A good book for moments of relaxation.
- Sunglasses and a hat if you'd like to make the most of the Ampurdan sun.

And most importantly, the desire to enjoy every moment.

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ROOMS/

Double Rooms with single or double use are available, each offering the elegance and comfort of a 5-star hotel.

For a more connected retreat experience, consider sharing a room with a retreat companion — simply email reservations@mastorrent.com to arrange.

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PRICE/

Double Room – single use: 2.050 €

Double Room – double use: 2.850 €
(1.425 € per person)

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HOW TO GET/

Getting to Mas de Torrent is easy, whether you are arriving from Barcelona or Girona.

Estimated Private Transfer Rates

- From Barcelona: €370* (one way)
- From Girona: €185* (one way)

**Private transfer prices are approximate and may vary depending on the number of passengers, time of day, and vehicle type.*

Transfer Arrangements

To make your arrival as smooth as possible, we will coordinate private transfers from the hotel according to participants' travel schedules and needs. Once your travel details are confirmed, we will organize the most convenient transfer option for you.

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TO REGISTER
*for the retreat,
please contact:*

(+34) 972 303 292

reservations@mastorrent.com

mastorrent.com

MAS DE TORRENT

HOTEL & SPA

