

'PILATE-EASE'

RETREAT FACILITATOR



YOUR SPACE PILATES

Your Space Pilates



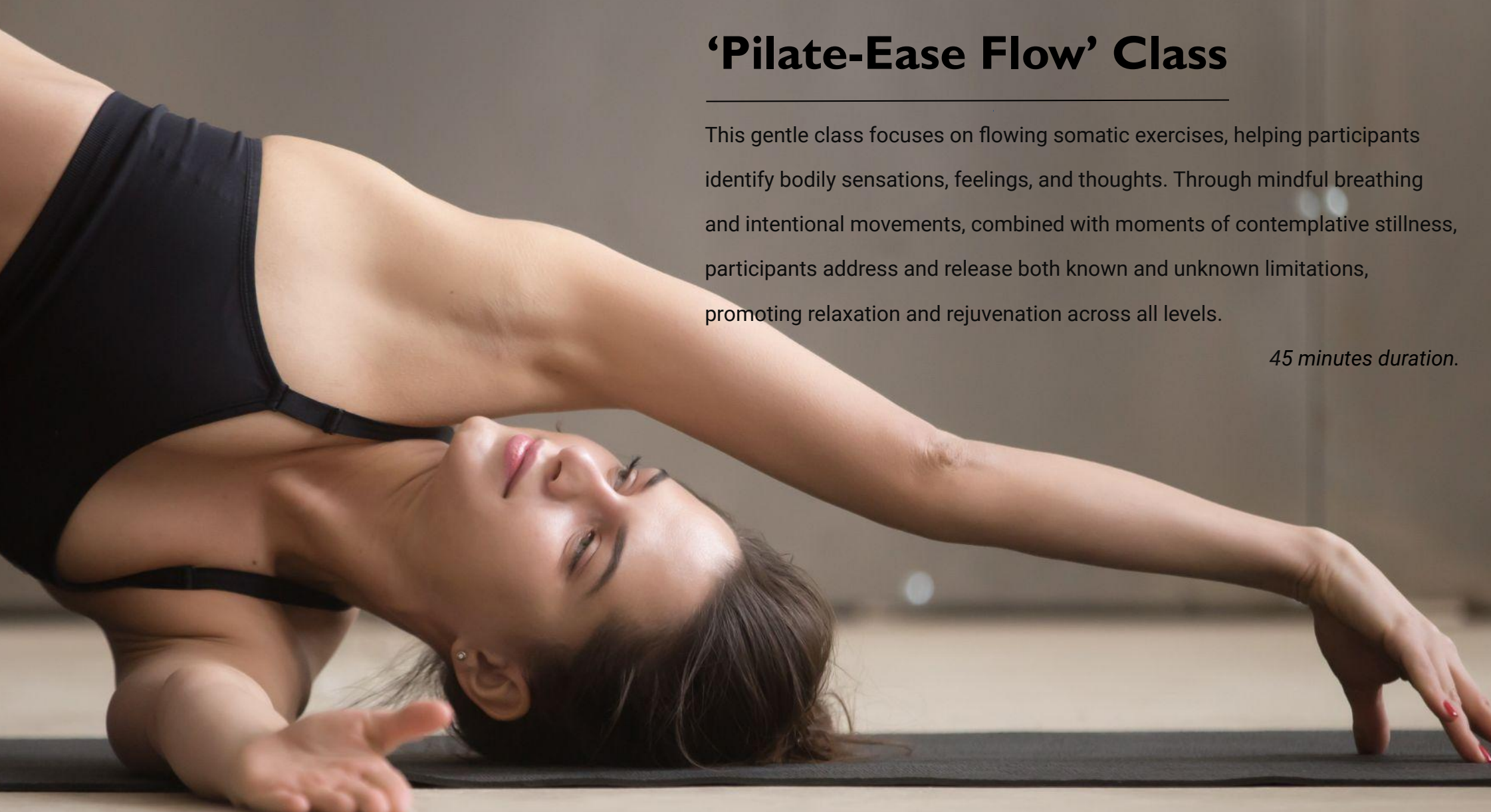
I'm Marnie, with over 25 years of experience as a Pilates teacher and physical therapist in the wellness industry. As a dedicated wellness facilitator, I provide retreat organizers with a unique offering through my Pilate-Ease classes and customized sessions.

Pilate-Ease combines conscious movement, breathwork, meditation and healing sound frequencies to target energy blockages in the physical, emotional and mental aspects of the individual. This unique blend of techniques lays the groundwork for an exceptional wellness experience offered in group class formats.

Elevating the experience, private one-on-one sessions combine the soothing touch of massage with the transformative energy of Reiki healing, offering a truly restoring and uplifting journey.

If you're interested in incorporating Pilate-Ease into your retreat, please delve into my proposal for further information.





‘Pilate-Ease Flow’ Class

This gentle class focuses on flowing somatic exercises, helping participants identify bodily sensations, feelings, and thoughts. Through mindful breathing and intentional movements, combined with moments of contemplative stillness, participants address and release both known and unknown limitations, promoting relaxation and rejuvenation across all levels.

45 minutes duration.

‘Pilate-Ease Empower’ Class

This dynamic class activates dormant muscles and rejuvenates the body's energy flow. Participants experience transformative changes through targeted exercises, enhancing resilience, detoxifying, and shedding mental and physical barriers. Breathwork complements each movement, and moments of meditative stillness encourage presence, gratitude, and peace.

45 minutes duration.

Private 1-on-1 Sessions



For those seeking a tailored experience, private one-on-one Pilate-Ease sessions offer personalized attention, guidance and ease of scheduling. Customized to individual needs, these sessions combine our class practices with the added benefits of an essential oil massage, Reiki energy healing and sound therapy for a holistic wellness approach. Session times can be coordinated to integrate smoothly into the retreat timetable.

1.5 hours duration.

Wellness Program Investment

PROGRAMS

PRICING

<ul style="list-style-type: none">● Pilate-Ease Classes (up to 20 participants) 45 minutes per class. Up to 3 sessions per day.	
Full-Day Rate	\$500
Weekend Rate *	\$900
7-Day Package *	\$3,000
<ul style="list-style-type: none">● Pilate-Ease Private 1-on-1 (1 participant) 1.5 hours per session. Up to 3 sessions per day.	
Full-Day Rate	\$600
Weekend Rate *	\$1,100
7-Day Package *	\$3,800

Terms & Conditions:

The facilitator agrees to conduct Pilate-Ease sessions at the retreat venue as per the agreed schedule and specifications. Daily sessions are included in the package price, with no discounts or carryovers for unused sessions. Travel expenses vary by location: costs are covered for venues within a 20km radius of YSP Studio in Annerley, Brisbane. For locations up to 100 km beyond this radius, an additional fee of \$100 applies, plus an extra \$50 for each additional 50 km or part thereof.

For weekend or 7-day retreats, the venue provides accommodation and meals for the facilitator. The venue must supply essential equipment, such as mats and towels, for participant use during sessions. To secure the booking, a deposit of \$500 is required immediately. Full payment will be invoiced and is due via bank transfer at least 7 days before the retreat starts. Any additional sessions (if available) should be settled in cash on the day.

Either party can cancel the agreement with a 30-day notice without penalties. Cancellations with less than 30 days' notice result in the loss of the deposit. Participants engage in Pilate-Ease sessions at their own risk; the facilitator assumes no liability for injuries or damages. Both parties commit to confidentiality concerning any proprietary or sensitive information shared. In the event of unforeseen circumstances, like natural disasters, the facilitator's obligations will be adjusted accordingly.

Next steps

I'd be delighted to bring Pilate-Ease to your retreat, elevating your existing offerings with a holistic bodywork experience. This integrated approach resonates deeply with themes of self-care, mindful living and purposeful exploration.

With adaptable scheduling and a commitment to enriching your event, let's create a memorable retreat experience together.

Reach out today!

Marnie



Contact

Your Space Pilates

Marnie Wolff

M 0412621569

marnie@yourspacepilates.com.au

www.yourspacepilates.com.au

Studio Location:

98 Taunton Street

Annerley

Brisbane

QLD 4103