

Found Pilates

Vol. 4

Finding Travel

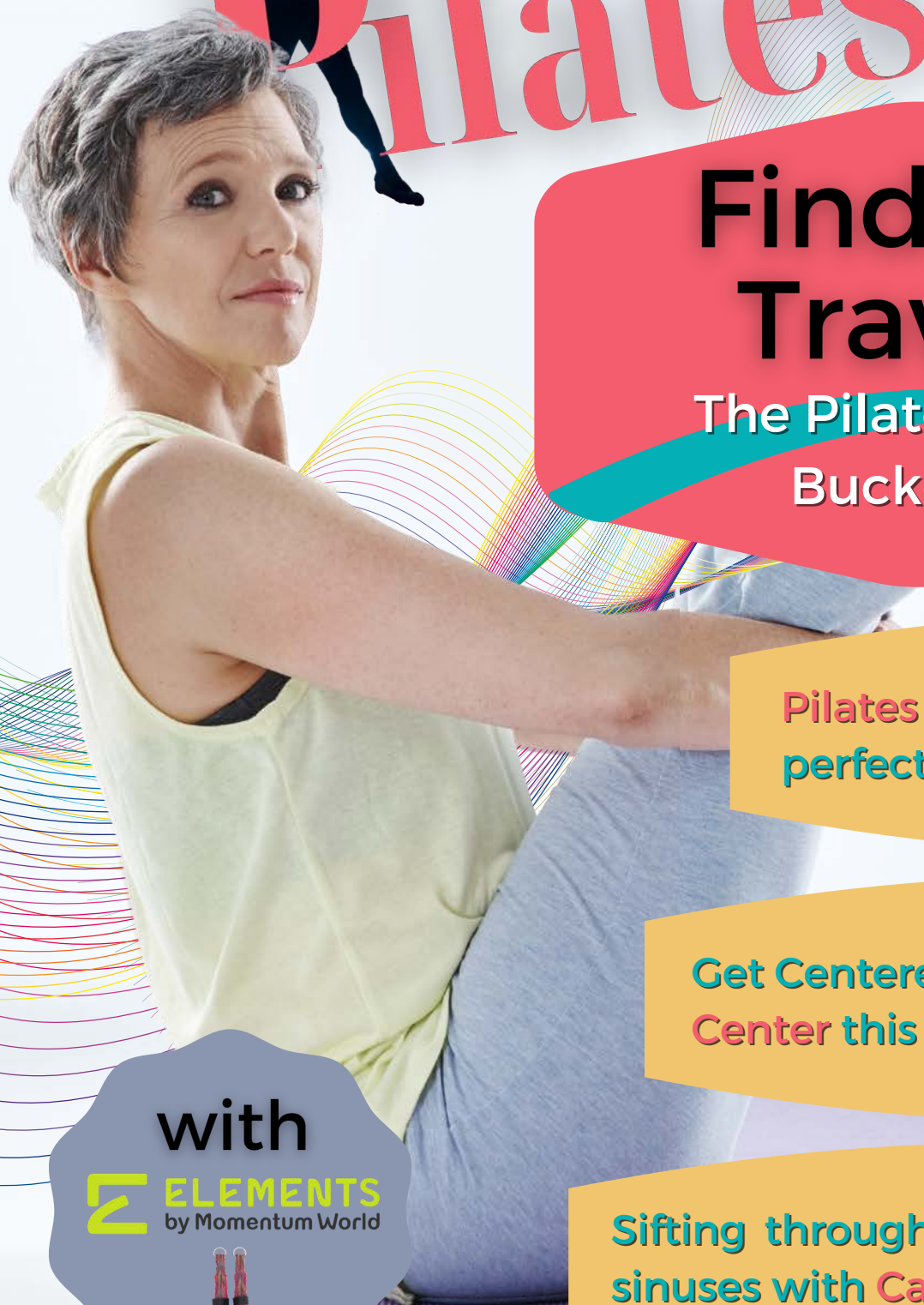
The Pilates Travel
Bucketlist

Pilates in Piemonte, the
perfect Pilates Retreat

Get Centered at The Pilates
Center this year

Sifting through your spring-time
sinuses with Carla Mullins

with
ELEMENTS
by Momentum World



The Prince of Piedmont

By Rebecca Cook



“Prego, accomodatevi,” or “Welcome, Make yourselves comfortable.” sings from an enchanting villa huddled in the northern wine region of Piemonte, Italy at the foot of the Alps bordering Switzerland and France.

This luxurious retreat captures the essence of a quiet, hardworking community that has time to appreciate necessary moments for rest and recuperation surrounded by world renowned vineyards. Imagine an escape from the speediness of life coupled with a state-of-the art fully equipped Pilates studio. You might say, “E Magnifico!”





Pilates in Piemonte exclusively offers an incredible retreat experience for eight individuals with one Certified Pilates Instructor. The villa was reconstructed from a simple Piemontese farmhouse into a charming respite center. The adoring suites offer old world charm with modern luxury making it a quintessential spot for your Pilates retreat. One of the five suites is named, “Le scatole della nonna,” or “Grandma’s boxes” houses framed ornate boxes on its walls with the comfort of a plush King-sized bed.

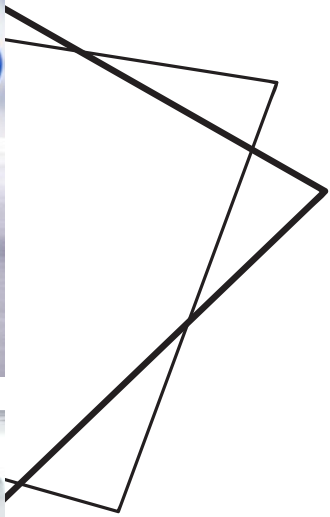
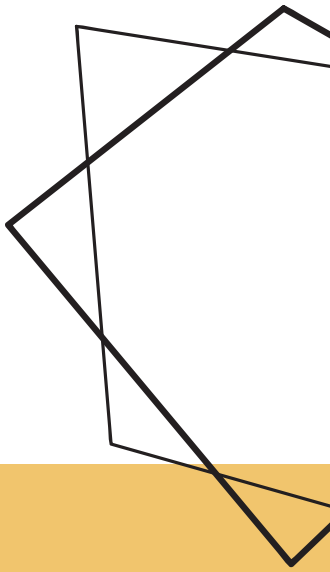


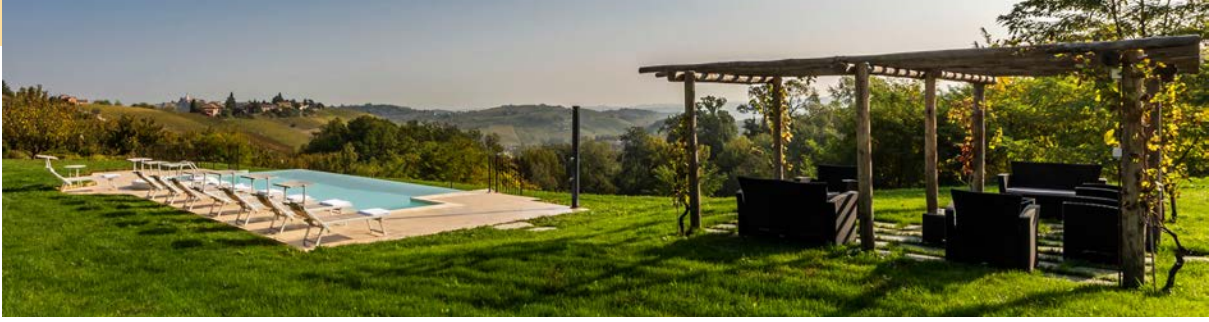
The Lounge, dining room, and kitchen welcome its visitors with open arms, while the deluxe infinity pool stretches along the back of the property.



Shell Bern, a Canadian native, and lover of both Pilates and cycling was introduced to the area by a Pilates instructor who saw the need for a Pilates Retreat. He did not hold back in the design and function for the Pilates aficionado. Working with the well-known Claudia Fink of Pilates Italia to aid in the selection of equipment and local architectural designer Cristina Massia for the villa and studio design, the Pilates studio boasts ample space for the eight Merrithew reformer towers, eight chairs, eight mats and a barre with mirrors. A Pilates instructor can bring eight clients for daily Pilates instruction, cycling in the hill country, relaxation at the pool, and incredible Italian food and wine. What is not to love?







Jennifer C., (from The Balanced Body Studio for Pilates in Maryland) who took advantage of Pilates in Piemonte, gushed, “I recently hosted a retreat here for myself and 9 others. I cannot express how absolutely fabulous this villa is! It by FAR exceeded our expectations! Not only was the villa furnished exquisitely, with every comfort and detail addressed, but it is set in the most beautiful part of Italy I have ever seen! More stunning than even Tuscany!

Everything was superb, from the quality of the furnishings, to the beautiful, heated, infinity pool, to the state-of-the-art Pilates studio. The villa had more than enough room for our 10 people allowing us to enjoy time together in the family style dining room or patio overlooking the vineyards, and yet the fully furnished apartments allowed everyone to have time on their own with every little convenience available.

The town of Canelli is charming, friendly and so near that it allowed us the ability to enjoy everything from fine dining, to outdoor markets to winery tours. We even biked there one day; it's so close! I hadn't even concluded the week of my retreat before I was online already looking at what week I wanted to reserve it again next year! I fell in love with it and so did all my clients! You will too!"

To book your next retreat, visit <https://www.pilatesinpiemonte.ca/>

