

RESTORE & THRIVE

Escape to exquisite Sotogrande in the Southern tip of Spain for a very special Pilates Retreat to restore and thrive from the inside out.

This retreat is designed for women who seek to gain inner and physical strength and harmony in the serene surroundings of Templo retreat space.

WITH SARAH PLUNKETT

WOMEN'S HEALTH PHYSIOTHERAPIST AND PILATES INSTRUCTOR AND HER AMAZING TEAM



What to expect

PILATES, BREATHWORK, MEDITATION

MASSAGE AND HYDROTHERAPY

**THERAPEUTIC AND
JOURNALING WORKSHOPS**

**ECO-FRIENDLY AND HEALTHY
GOURMET MEALS**

NATURE WALKS



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DAY BY DAY

THURSDAY

- Pick up from Malaga airport early afternoon (Flight FR 7044 from Dublin which lands 12.25pm) Welcome to TEMPLO, enjoy inspiring refreshments and a delicious welcome lunch. Discover your new surroundings, take time to settle into your 'Casita', maybe a swim, a walk on the beach or along the Marina, whatever you fancy.
- Early evening we'll get loosened up after travel with some evening **Tai Chi inspired Pilates**, find our core and alignment, and awaken the senses.
- Setting our intentions for the days ahead by the smokeless firepit. Talk on creating magical morning rituals that set you up for an energised day ahead.
- Relax with dinner on the lantern-lit terrace over looking the sea as night falls.

FRIDAY

- For the early risers a Sunrise breathwork session on the beach and if the sea calls you, a mermaid-dip. Our **Morning Pilates** session will be energising and focused on strength and flexibility. Choose between Beginner, Intermediate or Advanced with one of our 3 instructors.
- Breakfast will be full of colour and Mediterranean flavour to energise you day ahead.
- Optional woodland walk with guided meditation, and talk on benefits of immersing in Nature. Relax by Sea/Pool or enjoy a myofascial massage, to help unlock limiting patterns of tension in your body, before a relaxed Mediterranean lunch on the Terrace.
- **Evening restorative pilates** will emphasise relaxation and muscle release in therapeutic positions. Fireside talk on evening routines that optimise sleep patterns.

SATURDAY

- For the early risers a sunrise energiser session of Breathwork, Meditation and Journaling
- **Morning Pilates**, focused on pelvic floor and foot connection for improved balance and posture. Select from your level of Pilates with our different instructors. For a more challenging session take to the sea for our **Paddle Board Pilates**. All sessions followed by a beautiful healthy breakfast.
- Optional hike in the local Spanish countryside and ancient hill top village, or redeem your massage
- **Sunset Flexibility Pilates** session, followed by dinner on the terrace.
- Silent Disco, such a fun way to move and get the Endorphins and Oxytocin flowing.

SUNDAY

- Final group Breathwork and Gratitude Journaling session.
- **Yoga inspired Pilates**, focused on meditative movements and mind-body-spirit connection.
- After a farewell breakfast, free time to wander through the famous Sotogrande Sunday Market in the Marina.
- Departure preparations, checkout and transfer to Malaga Airport (for Ryanair flight FR 7055)

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WHAT'S INCLUDED

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- **Transfers** from Malaga Airport on Thursday 16th October (picking up from flight Ryanair FR7044) and back to Malaga Airport on 19th (to drop back for Flight Ryanair FR 7055) Transfers to and from local Cork Oak woods or hike location.
- **3 nights accomodation** in TEMPLO Sotogrande, including 3 days of inspirational and healthy breakfast, lunch and dinner, drinks, herbal teas and the option of wine with dinner (over 4 days Thursday 16th of October to Sunday 19th October 2025)
- **All Pilates, Breathwork, Meditation and Journaling sessions** (all equipment will be supplied) With our three instructors, classes will be small and tailored to your level, with lots of one to one guidance, and focus on working on your goals.
- **Use of the Saltwater Pool, Loungers and Garden amenities** at Templo during your stay.
- **A 40 minute Myofascial massage** with Women's Health Physiotherapist, Sarah or Orlagh.
- **Our gift to you:** A beautiful cork covered book for Journaling, and a 100ml organic aromatherapy body oil.
- **Links to class recordings and guided breathwork and meditations** for your use on your return home.

WHAT IS NOT INCLUDED

- Flights
- Travel insurance (Required)

BOOKING/CANCELLATION POLICY

- A deposit of 50% is required to book your space, the balance is due 60 days before the retreat start date.
- If you cancel 60 days before the event the cancellation fee is 50% of the retreat fee
- If you cancel within 60 days of the retreat the cancellation fee is 100%

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FREQUENTLY ASKED QUESTIONS

I'd like to stay longer in Spain, can you make any recommendations?

- Of course, Shari the retreat manager will be able to give wonderful tips on local stays and activities. Please feel free to email her on shari@templosotogrande.com

Will I be able to walk to shops and a pharmacy?

- Yes, Sotogrande Marina is a few minutes walk away, and vibrant Torreguadiaro Village is an easy 10 minutes walk away.

What should I bring?

- Make sure to pack light summery clothes, swimwear and Pilates wear. Comfortable walking shoes. The days are likely to be warm but evenings cooler, so bring a jumper and jacket for the evening time.

Myself and my friends would like to take a whole Casita is that possible?

- We are very happy to accomodate this, but we operate on a first come, first served basis, so we suggest early booking for groups.

I'm vegan/vegetarian/GF/DF, will there be food options for me?

- Yes absolutely, we can accomodate food preferences and allergies, everything is freshly cooked by Chef Bethany using local in season produce.

Is it all group activites or can I spend time on my own?

- Whilst there will be lots of guided group activities, there will be plenty of time for choosing quiet reflection, strolls in nature, relaxing by the pool, or even a nap in your room!

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ACCOMODATION OPTIONS



There are 4 Casitas in Templo set amongst the curated patios and mediterranean gardens with ancient Olive trees. Each Casita has a chill out living space, kitchen and dining table. All have direct views of the sea and either 3 beds and 2 bathrooms, or 2 beds and 2 bathrooms.

SHARED ROOM

2 Person per room

Spaced in twin room

2 Really comfy twin beds

€ 995 per person sharing

SINGLE OCCUPANCY

Single occupancy

Entire double room

Really comfy double bed

€1495 per person

EMAIL FOR FURTHER ENQUIRIES AND TO BOOK

bodyrightphysio@gmail.com

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THE SPACE

TEMPLO is a very special retreat space, by the beach in Sotogrande. Handcrafted by artisans from Andalucia, creating a minimalist and comfortable Mediterranean style. Here you can enjoy the Saltwater pool, patio, gardens and terrace, with beautiful views of the sea, the stunning Sotogrande Marina and the Bermeja Mountain which glows red in the the sunset.



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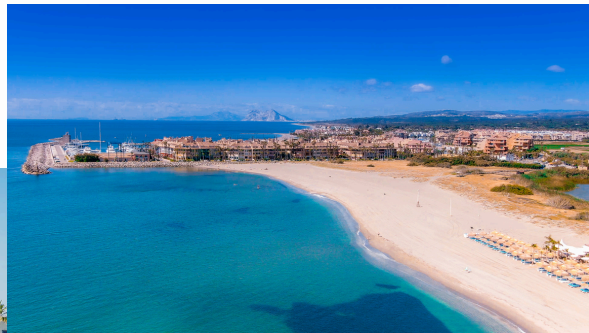
Sotogrande

Sotogrande is Sarah's second home.

It is a unique place with an elegant yet relaxed style that induces a slower pace, encouraging you to savour each day as it comes. It's a place surrounded by natural beauty with Cork Oak nature reserves that stretch from the beach up into the far hills and beyond.

TEMPLO the retreat space is just a few minutes walk from the stunning Sotogrande Marina and local village of Torreguadiaro with many great places to enjoy a Tapa!

On Sunday morning during your free time you can wander down to the Marina to enjoy the famous Sotogrande Market.



About SARAH PLUNKETT

Sarah is a Women's Health Physiotherapist and APPI Pilates instructor with over 23 years experience, and a personal practice of Yoga, Breathwork and Meditation going back 30 years.

She runs BodyRight Physiotherapy and Pilates Clinics in Dublin and Drogheda. Through her career she has been committed to empowering people to be autonomous in their own healing process and to teaching people how they can feel their best through optimising their daily routines.

With a passion for Nature, Exercise, Creativity, and seeing the light side, she is very excited to share this retreat with you!



ORLAGH GAYNOR

Orlagh has been a physiotherapist and APPI Pilates instructor for over seven years, specialising in modified Pilates for a range of medical conditions, including pregnancy, post-natal recovery, back pain and osteoporosis.

Passionate about helping people to understand their bodies and build a strong mind-body connection, she believes in an approach that integrates movement with overall well-being. She is also deeply interested in planetary health—the idea that human and environmental health are interconnected.

Previously part of the Bodyright clinic team, Orlagh moved to Spain in 2022 and has been teaching Pilates in both English and Spanish in Málaga ever since.



KAREN O'BRIEN

Practice Manager | Accredited Therapeutic Mindfulness Practitioner | Life Coach | Addiction & Social Science Professional

Karen loves to empower people to heal, move, and thrive by fusing mindfulness, science, and holistic well-being into everyday life.

As Practice Manager at Bodyright Physiotherapy, she leads together with a passionate team, ensuring every client receives expert care and unwavering support.

With 15 years of guided and mantra meditation, she brings calm to the chaos and continues to grow through her Anatomy & Physiology studies for APPI Pilates accreditation. Her mornings begin with soulful sunrise walks across the land with her dogs, tracing the footprints of an elusive stag, her heart racing in anticipation of another breathtaking encounter. When she is not guiding others toward wellness, she's creating in the kitchen, diving into research & the art of writing, and cherishing time with her sons and daughter-in-law.

Wellness should be bold, joyful, and transformative—let's make it happen!



SHARI ELLIS

Shari is the retreat manager at TEMPLO.

Having lived in this wonderful community for 18 years, Shari noticed a huge gap in the local market and chose to bring luxury retreats to this beautiful area. When first moving here with her 1 year old son she felt lonely and isolated and decided to make it her mission for ex-pats and holiday makers to have a more positive experience.

Connection, discovery, kindness and mental awareness is at the forefront of Shari's mission. Templo is the hub of all of this; a community within itself and she is so excited to share this space and experience with everyone!

