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**PILATES RETREATS**  
April and November 2024  
- Mayfield

PHYSIOTHERAPY PILATES WELLNESS



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# About the retreat

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## Mayfield

Three days of Pilates, mindfulness and healthy eating in a tranquil, luxury, Sussex countryside hideaway that will help you reconnect with nature and yourself.

You will enjoy daily pilates to energise the body alongside yoga, meditation, nature walks and a mindful workshop to relax and unwind.

The menu, designed by Claire, will offer a balance of nutritious, locally sourced meals for breakfast, lunch and dinner and a selection of our favourites wines.

You will leave our retreat feeling **stronger, calmer, relaxed, refreshed and recharged.**





# Your host

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Claire Mills

After working and training at one of the world's leading Pilates institutions, Claire combined her experience as a physiotherapist and passion for Pilates.

After co-founding a successful South West London Physiotherapy and Pilates clinic in 2017 and then opening her own venture, Core LDN, in 2023 Claire's unique rehabilitative skills and attention to detail has quickly developed a loyal client base in South West London with an excellent reputation in the community and with leading consultants.

Claire's philosophy is that **the physical body functions optimally with a healthy mind**. This is why wellness, and specifically mindfulness, crosses over all her services. In her retreats, Claire brings together her passion for Pilates and Wellness to work with guests in a group setting across a number of days and sessions.

The retreat itinerary is carefully **designed to give those who attend the perfect balance of exercise, mindfulness, relaxation and well being** so that they leave with a renewed energy - creating balance in the body and mind.



**CLAIRE MILLS**  
Physiotherapist & Pilates  
Instructor



# The venue

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Fair Oak Farm, Mayfield

As custodians of the protected land and historic buildings at Fair Oak Farm since 2006, Fair Oak is proud to offer guests the privacy that comes with exclusive use of their rural retreat venue.

It includes a unique range of **historic and stylish group accommodation**, set in stunning countryside, in a protected area of outstanding **natural beauty**, yet only **one hour from London**.

The accommodation includes a Grade II Listed Sussex farmhouse, a range of converted barns and outbuildings, outdoor sauna, eco-lodge tree houses and Shepherd's hut. All the rooms have style, charm and character of their own.

## WHAT THE PRESS SAYS

“Green Dream - Sleep among the trees with all mod-cons.” (The Evening Standard)

“Gaze upon a glorious scene of uninterrupted fields, forest and gentle slopes. Impressive considering it's an hour from London.” (The Guardian)

“A whole lot of luxury... an absolutely stunning location to stay in.” (Index Magazine)

“Number One Tree House Stay in the UK. It's the uninterrupted view of Sussex countryside that's the draw card at Fair Oak Farm.” (Travioor Magazine)





# Retreat schedule

Subject to variation. All activities are optional

## DAY 1 Friday

- |        |                               |
|--------|-------------------------------|
| 4.30pm | Check in                      |
| 5.30pm | Welcome juices                |
| 6pm    | Pilates: CORE Unwind          |
| 6.45pm | Meditation                    |
| 8pm    | Dinner and drinks (inc. wine) |

## DAY 2 Saturday

- |        |                               |
|--------|-------------------------------|
| 8.30am | Yoga: Revitalise              |
| 9.15am | Healthy Breakfast             |
| 11am   | Pilates: CORE Burn            |
| 1pm    | Nutritious Lunch              |
| 2:30pm | Mindful Workshop              |
| 5pm    | Pilates: PURE flow            |
| 7.30pm | Dinner and drinks (inc. wine) |



# Retreat schedule

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Subject to variation. All activities are optional

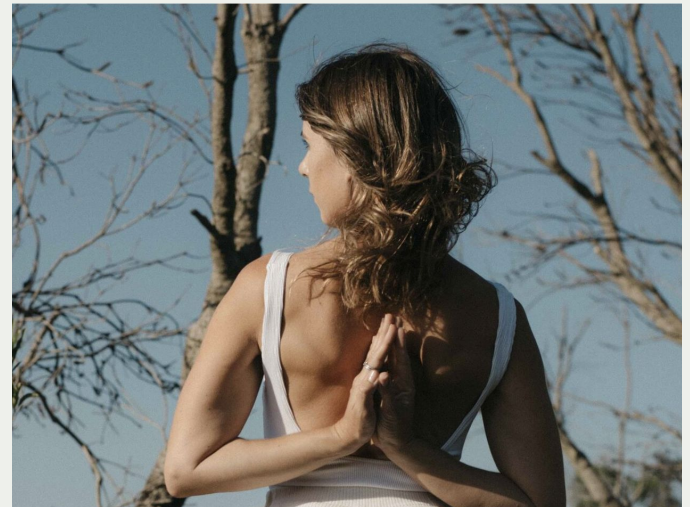
**DAY 3**  
Sunday

8.30am	Pilates: PURE Energise
9.30am	Healthy Breakfast
11.30am	Pilates: CORE Empower
1pm	Nutritious Lunch
2.30pm	Mindful walk in nature
4pm	Check out*

\*All guests have the option to stay an extra night, free of charge, and check out at 9:30am on Monday. On Sunday evening food will not be provided but guests can make use of the self catering facilities

## ADDITIONAL SERVICES

- \* **Pilates 1:1** 45 mins £90
- \* **Physiotherapy** 45 mins £100
- \* **Sports Massage** 30 mins £75
- \* **Beauty Treatments** 30-60mins POA





# Prices

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Please note the costs are all inclusive of food, ensuite accommodation and retreat activities. All of the rooms (except the Cow Shed Suites) have self-catering facilities. Rooms will be allocated on a first come, first serve basis.

## FARMHOUSE

Master Bedroom Suite – Double bedroom with dressing room and ensuite bathroom with walk in shower.

**£865**

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Large Double Bedroom – Double bedroom with ensuite bathroom (bath with hand held shower-head)

**£825**

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Central Double Bedrooms – Double or twin bedroom (shared bathroom, bath with hand held shower-head)

**£725**

## LODGES & HUTS

Eco Lodge Tree Houses – Private large studio space with double bed dining and seating areas, separate kitchen and wet room with shower. Balcony with views.

**£950**

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Shepherd's Hut – Private cabin space with double bed, kitchenette, log burner and shower.

**£875**

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Hay Barn – Private studio space with double bed, seating area and kitchen with shower room. Overlooking fields.

**£915**





# Prices

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## CONVERTED BARN

Cow Shed Suites – double bedrooms with ensuite bathroom (bath with hand held shower-head)

**£795**

## GRAIN STORE

Detached barn conversion / cottage with one bedroom, bathroom with walk-in shower, open plan living room with dining area and kitchen

**£925**

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## STABLE COTTAGE

Stable Cottage Attached barn conversion cottage with double bedroom. Bathroom (bath with hand held shower-head) and living room with kitchen

**£895**

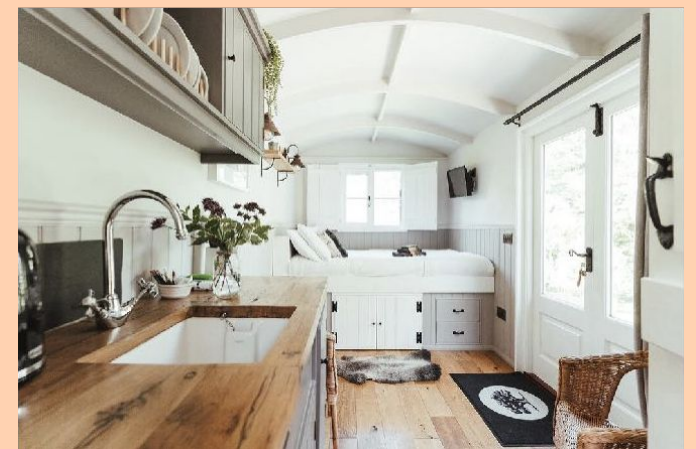
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## THE OAST HOUSE

A self contained oast house with it's own kitchen, lounge area and courtyard (suitable for 2 friends)

Master bedroom with freestanding bath **£950**

Double bedroom with shower **£895**



# Booking

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For more information and to  
book email:

[hello@coreldn.com](mailto:hello@coreldn.com)







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