



PILATE LESSON IN VILLA

Relax and tone your body in an exclusive setting with a private Pilates session at your stunning Sicilian villa. Surrounded by the tranquility of the gardens and breathtaking landscapes, an expert instructor will guide you through a personalized Pilates session, suitable for all levels, to improve posture, strengthen muscles, and increase flexibility. Each movement will be designed to work the body harmoniously, with a particular focus on breathing and control. This experience will allow you to fully relax while connecting with the surrounding Sicilian landscape. In an environment far from daily stress, you can focus on your well-being, benefiting from a Pilates lesson that will leave you feeling more energized and centered. By the end of the session, you'll feel revitalized, ready to tackle the day with renewed energy.

DURATION: 1H

THE PRICE INCLUDES: private Pilates lesson, expert instructor, mats, and necessary equipment



www.emmavillas.com