

*A pilates weekend escape –  
8-10 March 2024*



Come and join us for a weekend of luxury with pilates, relaxation, pampering and fun at a beautiful manor house overlooking the sea in East Devon.

Friday 8 - Sunday 10 March 2024  
Yes it's Mother's Day on the Sunday  
– what an ideal treat!



## Where you'll be staying

Watch Hill is a house steeped in history and adventure, a manor house dating back to 1922. The house was commissioned by American millionaire Blake Thompson, and is one of the numerous private residences designed by architect William Hatchard-Smith.

Between 1939 and the early 1970s, more than 1500 overseas servicemen with no other home to go to whilst on leave were invited to stay at Watch Hill. This wonderful house was also used as a setting for the 1986 episode of Agatha Christie's *Sleeping Murder*! Guests who stay at Watch Hill should feel part of something truly exciting; this house is like no other.





## The weekend will include

- Luxury mattresses with designer bedding
- Lots of delicious locally sourced food
- Not-quite-so-healthy afternoon tea Friday and Saturday (it's still a holiday, right?!)
- Fruit, nuts, juices, tea and coffee available throughout your stay
- 3-course dinner Friday and Saturday
- Breakfast Saturday and Sunday mornings
- Buffet lunch on Saturday
- Accommodation on two nights
- Pilates classes
- A short talk
- Group bowling
- A cliff top walk
- Massage and facial sessions available to book in advance

Please note extra pilates sessions/bowling and walking are optional, and of course this is your weekend away, so if you fancy reading a book instead or just relaxing, it is up to you! Just let us know a bit ahead of time so we can plan accordingly.



# Your luxury weekend schedule

(Times may be subject to change)

## FRIDAY

Arrival and check in from 2pm

3pm	Cream tea and introductions
3pm-6pm	Booking slots for treatments and/or guided walk (walk after tea finishes)
6.30pm	Short talk
7.30pm	3-course dinner (wines will be available to buy at cost)

## SATURDAY

9am/9.30am	Breakfast
10.30am-12 noon	Pilates session
1pm	Buffet lunch
2pm	Afternoon activity/free time
3.30pm	Cream tea
4.45pm-5.30pm	Pilates session
5.30pm-7pm	Treatments booking/free time
7.30pm	3-course dinner (wines will be available to buy at cost)

## SUNDAY

9.00/9.30am	Breakfast
10.30am-11.30am	Pilates session
11.45am	Coffee/tea and cake/biscuits
From 12.30	Departures

**PLEASE NOTE: Treatments, such as facials and massage, and alcohol, are additional costs.**

# All-inclusive pilates escape weekend

Accommodation for 10 people as follows:

- 7 King/double bedrooms - £435.00 per person **4 AVAILABLE**
- 1 twin (2 people sharing) - £385 per person **UNAVAILABLE**
- 1 Superking ensuite - £485 inclusive **UNAVAILABLE**

To reserve a space, please email Julia at [info@lucasfieldmedia.com](mailto:info@lucasfieldmedia.com) with your room preference.

A £100 per person, non-returnable deposit is required to book your place on the weekend. Full payment must be made 8 weeks prior to the weekend (deadline January 12).

## Cancellations/Refunds

Cancellation 8 weeks or less before the event will incur a fee of 50% of the total cost unless you can provide a suitable replacement who pays in full.

Cancellation 4 weeks or less before the weekend, will incur a fee of 100% of the total cost unless you can provide a suitable replacement who pays in full.

In the event that we have to cancel the event, you will be refunded in full. Booking and payment of the deposit constitutes an acceptance of these terms.

## About your Instructor

Julia has been teaching pilates for over 20 years, alongside running an art world business with her husband. She trained originally in London and taught in the south east for many years before moving to Exeter 5 years ago. She has taught all manner of clientele, including a class of giggly 15 year old schoolgirls, a class of very unruly men and a few celebrities!



*'I bring a sense of balance to the weekend and believe in everything is possible in moderation. Look after your body, but have fun and enjoy yourself too. It is possible to do both!'*

### A few lovely comments:

*'Julia is a highly professional and dedicated pilates teacher. I have benefitted from her expert instruction over the past 18 months and would recommend her sessions to both beginners or those already with pilates experience. Julia works at a pace relevant to the group and provides clear instruction.'*

*'Julia has been teaching me pilates for nearly 18 years. I went to her initially because she taught slightly more intense pilates which suited my needs in strengthening my back after an injury, and desire for an increase in fitness. She has tailored the exercises to suit my needs and is constantly introducing new and varied ways to improve work outs. I would not want to use anyone other than Julia, and highly recommend her teaching methods.'*

*'The classes are always varied and enjoyable. Instructions are clear and Julia is always able to make adjustment if someone finds a particular movement difficult. Attention is given to safety and a sense of fun maintained at all times. I certainly feel fitter and stronger than when I started.'*

*'I have been doing pilates with Julia for some months now. She is a very positive teacher who can adapt the pilates movements to each individual's needs. I find the exercises very beneficial in aiding good posture, loosening up the joints, and toning and strengthening the whole body. Julia is calm and approachable. I would recommend her highly as an instructor.'*