

Indulge... your mind, body, and soul!



Pilates Retreat in Italy with Arja

May 14 - May 21, 2012

Gorgeous surroundings with a small and intimate group (max. 10!) in Italy's Piedmont region at Cascina Papaveri (the Poppy Farmhouse): www.cascinapapaveri.com.

COST: €1650 per person (approximately \$2395 U.S.) based on double occupancy.

The week includes:

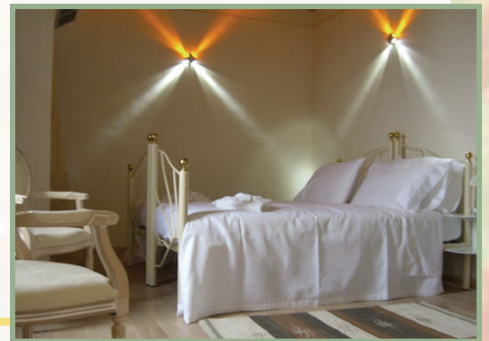


- Daily Pilates instruction with Arja (mat & apparatus)
- Cooking classes with an Italian chef
- Endless flow of wine
- All meals
- Double accommodations for 7 nights

About Cascina Papaveri

Cascina Papaveri is a boutique resort created in an elegantly restored farmhouse.

It has an organically certified vineyard and vegetable gardens and includes a well-equipped Pilates studio, professional teaching kitchen, indoor heated swimming pool, sauna and steam room, plus many other facilities to make your stay an unforgettable experience.



About Arja



Arja Pirinen, a native of Finland, has more than three decades of experience in Pilates, yoga, strength training, and dance. She currently lives and teaches in Washington, D.C.

A seasoned instructor, she has taught Pilates workshops and classes in Europe and South America. Additionally, Arja teaches yoga and GYROKINESIS® and is a Certified Personal Trainer (NSCA-CPT).

RESERVE TODAY: Contact Arja at pilateswitharja@gmail.com or (202) 258-6170.