

# **Are you in need of a little 'Me Time' ? How about a Relaxing and Restorative Retreat?**

Europe's only MELT/Pilates Retreat  
At Celtic Royal Spa Hotel, Caernarfon  
Sunday 15<sup>th</sup> and Monday 16<sup>th</sup> September 2019



Shared twin room £240 pp

Single occupancy room £275 pp

## **Price includes:**

**2 full days of MELT and Pilates**

**Classes & workshops**

**En-suite accommodation**

**Lunch and dinner (day 1)**

**Breakfast and lunch (day2)**

**Tea /coffee and biscuits**

**Use of hotel facilities**



Limited number of places so book early.

Full payment due by 6/9/19