re:flow
REFORMER PILATES STUDIO

Forsthofgut x re:flow

REFORMER PILATES RETREAT

Move. Progress. Connect.

THE RETREAT

A three day Pilates experience designed to deepen your practice, challenge your movement and create space to reset. At the heart of the retreat is Reformer Pilates. Across three days, you will experience a carefully curated combination of classic and dynamic Reformer Pilates, complemented by Mat Pilates, mindfulness, breathwork, recovery and shared experiences. With only 12 participants and two groups of six on the Reformer, the retreat allows for personal attention, high-quality teaching and a genuine opportunity to progress your practice.

YOUR RETREAT TEAM

Lisa Frasz and Zoë Hili will guide you through the Pilates programme. Both are Balanced Body certified instructors and bring the re:flow approach to each session, combining a strong understanding of the Pilates method with thoughtful, progressive and engaging teaching.

Alexis Bergert, psychologist, will complement the movement programme with mindfulness and breathwork, creating space to slow down, reconnect and support the physical practice throughout the retreat.



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PROGRAMME

SUNDAY
Arrival and Foundation

Until 15:30	Arrival and check in
16:30	Welcome and Connect Meet your fellow participants and the re:flow team, discover what to expect from the days ahead and get settled into your Reformer group.
17:00 – 18:00	Joint Mat Pilates A foundation session for all 12 participants, focused on breathing, neutral pelvis, pelvic control, trunk integration, alignment and essential Pilates principles.
19:00	Welcomedrinks at the bar
20:00	Dinner together

MONDAY
Practice and Progression

08:00 - 09:00	Morning Reformer session Group 1
9.10 – 10.10	Morning Reformer session Group 2
Morning	Breakfast at your own discretion
11.00-12.00	Mindfulness with Alexis
12:30	Lunch at your own discretion
Afternoon	Spa and free time
16:00 /-17:00	Afternoon Reformer session Group 2
17.10-18.10	Afternoon Reformer session Group 1
18:30	30 minute breathwork with Alexis
20:00	Dinner together

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TUESDAY

Movement and Experience

08:00 - 09:00	Morning Reformer session Group 1
9.10 – 10.10	Morning Reformer session Group 2
Morning	Breakfast at your own discretion
Late morning	Guided e bike tour
12:00	Lunch at your own discretion
Afternoon	Spa and free time
16:00 / 17:00	Afternoon Reformer sessions
18:30	Optional 30 minute breathwork
20:00	Dinner together

WEDNESDAY

Integration and Departure

08:00 - 09:00	Final Morning Reformer session Group 1
09.10 - 10.10	Final Morning Reformer session Group 2 A final practice bringing together the technique, movement and progression developed throughout the retreat.
Morning	Breakfast at your own discretion
After breakfast	Check out and Departure

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YOUR RETREAT

- Four days
- 12 participants
- Two intimate Reformer groups of six
- One joint Mat Pilates foundation session
- Six Reformer sessions per participant
- Classic and dynamic Reformer Pilates
- Progressive programming
- Mindfulness with Alexis
- Optional breathwork
- Guided e bike experience
- Spa and recovery time
- Shared dinners
- Time to move, progress and connect