



## LIFE HOLIDAYS UPDATE 2020 Available holidays with Candice FOR NEXT YEAR

May 9th - 16th Sicily near Catania/Taormina ( new villa)  
May 16th - 23rd Sicily near Palermo  
June 13th - 20th Tuscany near Montepulciano (new villa)  
June 20th- 27th Sardinia (new villa)  
Sept 12th - 19th Sardinia  
Sept 19th-26th location TBD  
Oct 10th-17th Le Marche 'Live Life in Italy' Holiday

I have already got bookings for the above weeks. If you look on our website you will see other weeks advertised, these have guest teachers and probably not me. Please register your interest (even if you can't commit right now or pending further info).

The above are all Pilates Holidays, all inclusive meals and wine in Villa with our own private chef. Plus 2 full days excursions, a dinner and lunch out with wine at a local restaurant, plus wine tasting. Airport transfers. 10 Pilates sessions and 2 cooking lessons. Plus lots of little extras 😊 No extra cost for single occupancy!!!

### October 10th-17th 2020

The Live Life in Italy is not specifically a Pilates holiday ( although I will be offering optional classes!), but it's more about exploring Le Marche ( next to Tuscany on the Adriatic coast)and really getting into the local culture and way of life. So much on offer, olive picking and visiting where the olives get produced into oil, pottery hands on class at a traditional family business that's been making ceramics for 200 years. Visiting markets, cheese producers, local towns, theatre and not to forget the all important wine tasting!!!

### May 9th - 16th 2020

We are also doing another Spa, Health and Fitness Retreat in Sicily

This has a mixture of fitness classes with healthy but wonderful meals, (not lettuce leaves).... with our fitness expert Chloe. She will run several varied classes a day, HIIT, circuit, stretch, meditation, yoga/pilates based classes and barre. Also included is a 1-1 personal training session. All levels will be catered for, this is NOT a boot camp, but a retreat with a difference, lots of fun, excursions, nutrition talk, a massage. Evening Aperitivo and wine with dinner. Lunch and dinner out at a beautiful beach restaurant is also included. The Spa has Hammam steam room, sauna, Hammam sunken bath, jacuzzi and treatment room.

If you are still wanting a cheeky getaway this year we have one or two places that have opened up.

October 12-19th Live Life in Italy - LE MARCHE £1599. 1 double room left (single occupancy no extra charge)

November 21st- 02nd December CUBA £1699 10 nights 1 double room left ( double occupancy, single has an extra charge) All prices are excluding flights\*

**Contact Candice or David for any more information, questions etc. on 020 7127 6542 or email [info@life-holidays.com](mailto:info@life-holidays.com) especially regarding Cuba as this is a once in a lifetime holiday with so many extras money can't buy!!**





