



TRANSCEND STUDIOS
FIND YOUR TRIBE



PILATES HUB

Ooodles Retreat

A place that promises a fairy tale, the perfect destination for your next group vacation



FLOURISH & FLOW

25-4-2025
28-4-2025



Voted Top Fitness Retreat Internationally by Forbes



The RETREAT

En-suite Rooms

Heated Swimming Pool

Private Gym & Yoga Studio

Onsite Tennis Courts

Al Fresco Dining

Air Con Throughout

Beautiful Grounds & Setting

The Retreat

LOCATION

BENISSA IS ONE OF THE OLDEST TOWNS IN THE COSTA BLANCA. SITUATED 275M ABOVE SEA LEVEL IN THE PROVINCE OF ALICANTE.



**BENISSA
BENISSA TOWN**

Benissa is an ancient town located on the Costa Blanca, consisting of a medieval town center and a coastal area. The town centre of Benissa is charming, with the striking Purissima Xiqueta Cathedral standing out in the large town square, surrounded by various bars and restaurants, making it a perfect place for visitors to enjoy.



**CUMBREDEL SOL
BENISSA COSTA**

Benissa's coastline boasts a variety of beaches, coves, and cliffs. La Fustera is considered the best beach in Benissa, with a small sandy shoreline. Another favorite is Bassetes beach, which is home to Benissa's Club Nautico and several excellent restaurants. A great location for water sports, stand-up paddleboarding, and scuba diving.



PRIVATE CHEFS & CATERING
TREATMENTS AND THERAPIES
EXCURSIONS/ACTIVITIES
HEATED SWIMMING POOL
TENNIS COURT
VOLLEY BALL
FRENCH BOULES
YOGA ROOM WITH PROPS
OUTDOOR YOGA PLATFORM
GYMNASIUM



TABLE TENNIS & POOL TABLE
OUTDOOR KITCHEN AND BAR
SUNBEDS AND CABANA BEDS
AIR CON IN ALL BEDROOMS
HAIRDRYERS IN ROOMS
ALL TOWELS PROVIDED
FRESH BED LINEN



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Room PACKAGE 1

En-suite Room

Twin or Double

All Meals, Snacks & Soft Drinks

All Classes & Workshops

£777 for 3 nights (Sharing)

£1400 for 3 nights (Single Occupancy)



Rest, Relax, Revive.



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Room PACKAGE 2

En-suite Room

Twin or Double

Sun Terrace

All Meals, Snacks & Soft Drinks

All Classes & Workshops

£888 for 3 nights (Sharing)

£1600 for 3 nights (Single Occupancy)

FLOURISH
& FLOW

Room PACKAGE 3

Private Garden Room with En-suite

Sleeps 4

Patio Terrace

All Meals, Snacks & Soft Drinks

All Classes & Workshops

£888 for 3 nights (sharing)



Feeling Nourished

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FOOD OPTIONS

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ALL INCLUDED
VEGAN / VEGGIE OPTIONS
BUFFET STYLE BREAKFAST, LUNCH & DINNER
SNACKS
SOFT DRINKS
HOT DRINKS





FLOURISH & FLOW



WHATS HAPPENING?

YOGA

PILATES

FLOATING SOUND JOURNEY

QI GONG

SOUND BATHS

MEDITATION

PELVIC FLOOR WORKSHOP

ALL CLASSES INCLUDED IN COST OF SESSION

**ADDITIONAL ONE TO ONE SESSIONS
AVAILABLE***

***MASSAGE, REIKI, PT, TRAPEZE 121
AT SMALL ADDITIONAL COST**

Taking Time For You

PAYMENT PLAN

FLOURISH
& FLOW

Non Refundable Deposit £150 by 1st Aug 2024.

Lump Sum (Remaining Balance) Payment - by 1st Jan 2025.

Payment plans schedule paid in full by 1st Feb 2025.

Transfer to villa included depending on your chosen flight times.

Flights & Baggage not included.

Contact us for more details.

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