

The background image shows an outdoor Pilates and Yoga studio. It features a wooden floor with several dark grey mats laid out. On the mats, there are white rolled-up blankets, black exercise blocks, and a large white bolster. In the background, there are long, low wooden platforms with tufted cushions. The scene is lit with warm, natural light, creating a peaceful and inviting atmosphere.

Pilates & Yoga Retreat  
Pantelleria  
2025

3rd of June - 8th of June

**Maité.**

Pantelleria

# Health Club Retreat:

Parco de Sesi

3rd of June 2025 - 8th June 2025

Escape the ordinary and join us at our first Pilates & Yoga Retreat.

Breathe in the wild beauty of Pantelleria—an untouched gem of the Mediterranean, where volcanic landscapes meet the endless blue of the sea. Nestled between Sicily and North Africa, this mystical island is a sanctuary of raw nature, where rugged cliffs, ancient lava flows, and fragrant caper fields whisper stories of time itself.

6 Days | 5 Nights in Pantelleria.



# Health Club Retreat:

## The Experience

### Daily Practices & Rituals:

Pilates – Strengthen & awaken your body daily

Yoga & Breathwork – Unwind & connect daily

### Special Experiences

Chocolate Ceremony – awaken your senses

Workshops – the art of glow-enhancing self-care

Boat Day – discover hidden coves

One-Day Excursion – exploring the island's gems

Pizza Night – savor authentic Italian pizza

Dinner Extravaganza – final evening of indulgence & celebration

Breakfast, Lunch and Dinner Parco de Sesi

Maité Goodie Bag

not included: travel and flight expenses, beverages, food  
outside the premises not organised by Maité



# Health Club Retreat:

## Parco de Sesi

Parco dei Sesi is an agriturismo situated on the island of Pantelleria geographically closer to Africa than Sicily. On a 5 hectare volcanic land are scattered among plantations of olive trees and capers' field several Dammusi (local ancient dome houses) in-between the Mediterranean sea and volcano hills. Timeless mediterranean interior design blends with Art, and meticulously selected objects from the owners' collections meeting with Sicilian generous hospitality and quiet luxury living.



# Health Club Retreat:

## Teachers

### Meet Jana

Joining us as a guest teacher, Jana brings her radiant energy and a deep passion for movement and mindfulness. As a Mat Pilates and Yoga instructor, she blends strength and softness, offering spicy, dynamic Pilates sessions alongside deeply rejuvenating yoga and meditation practices. Her warm, kind presence creates a space where you can challenge your body, quiet your mind, and fully unwind. Whether you're flowing through Yin Yoga, deepening your breath, or building strength on the mat, Jana's guidance will leave you feeling energised, balanced, and deeply nourished.



# Health Club Retreat:

## Teachers

### Meet Aimé

As co-owner of Maité Studio and a passionate Mat & Reformer Pilates teacher, Aimé will guide you through your Pilates sessions designed to strengthen, align, and energise your body. Blending classical Pilates principles with contemporary movement, her teaching adapts to your needs, ensuring a balanced mix of precision, flow, and mindful connection. Throughout the retreat, Aimé will support you in moving with intention, breathing deeply, and feeling your absolute best.



# Example Day:

Thursday

**7 AM** wake up & 1hr of staying with yourself in silence - journalling, no phone & no distraction  
**8 AM** either spicy Pilates or Rejuvenating Yoga  
**10 AM** Breakfast parco dei Sesi

*time to rewind & relax*

**1PM** Lunch

**2:30 PM** Matcha & Self-Care Workshop

*time to rewind & relax or go for a little hike to the sea*

**5PM** either spicy Pilates or Rejuvenating Yoga

**7PM** Pizza Night



# Capperor Shared Room:

**Parco de Sesi**

A design and comfortable bedroom and shower bathroom. Our smallest rooms are not the less inspiring and allow you to enjoy all the amenities of the property. Two single size beds, shower bathroom, luxury toiletries, AC and ceiling fan.

Possibility to have one double bed.

**22 m<sup>2</sup>**

**2 Single beds**

**2 max.**

**total: 2,300 € single (p.p.)**

**6 days, 5 nights**

if you wish to book this room alone, please inform us  
as the price changes





# Gelfinser Shared Room:

**Parco de Sesi**

A design and comfortable bedroom and shower bathroom. Our smallest rooms are not the less inspiring and allow you to enjoy all the amenities of the property. Two Single size bed, shower bathroom, luxury toiletries, AC and ceiling fan.

Possibility to have one double bed.

**22 m<sup>2</sup>**

**2 Single beds\***

**2 max.**

**total: 2,300 € single (p.p.)**

**6 days, 5 nights**

if you wish to book this room alone, please inform us as the price changes

\*beds separated unlike on the picture



# Lava Shared Room:

## Parco de Sesi

A design and comfortable bedroom and shower bathroom. Our smallest rooms are not the less inspiring and allow you to enjoy all the amenities of the property. Two single size beds, shower bathroom, luxury toiletries, AC and ceiling fan.

Possibility to have one double bed.

22 m<sup>2</sup>

2 Single beds\*

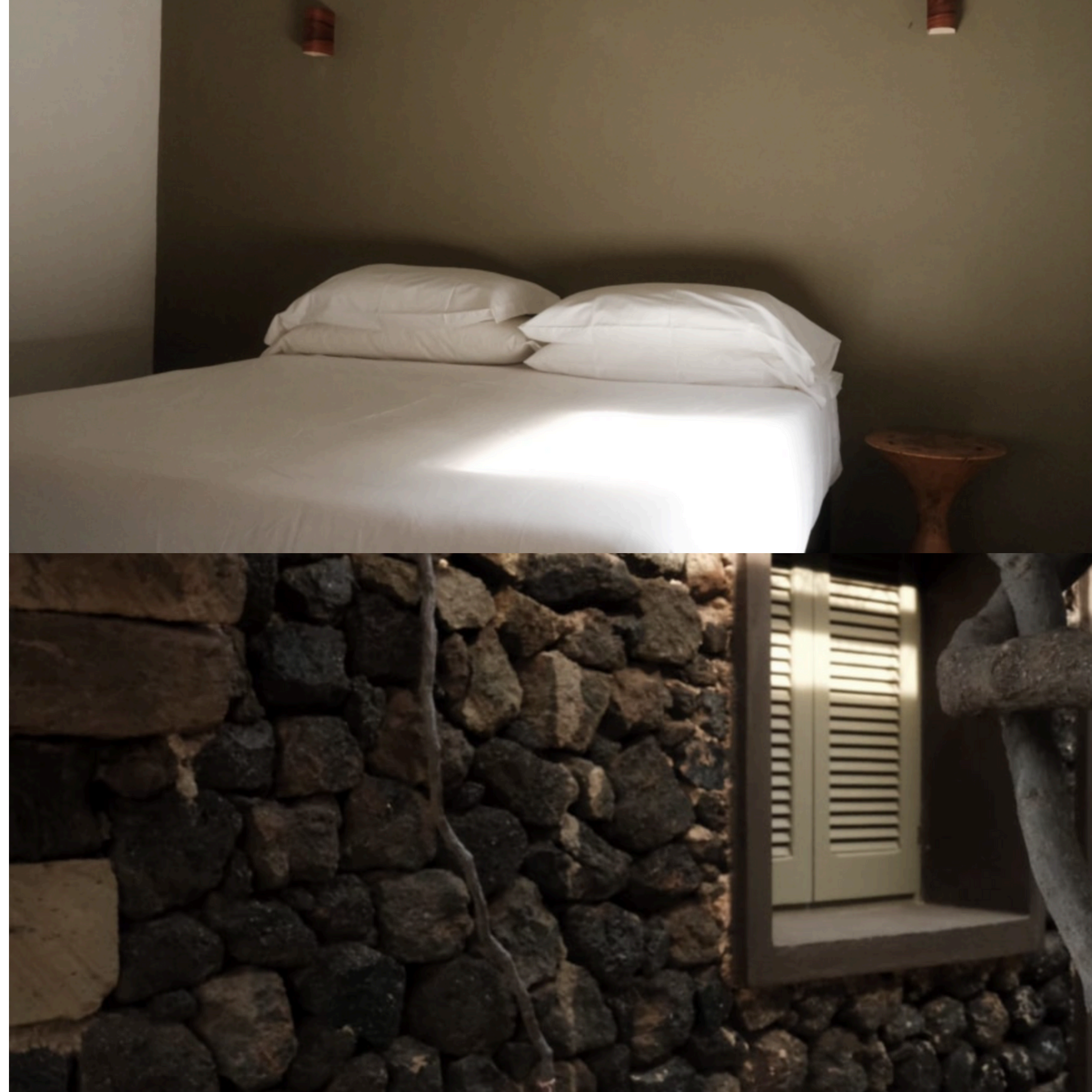
2 max.

total: 2,300 € single (p.p.)

6 days, 5 nights

if you wish to book this room alone, please inform us as the price changes

\*beds separated unlike on the picture



# Gelkamar Double Bed Room:

Parco de Sesi

A design and comfortable bedroom and shower bathroom. Our smallest rooms are not the less inspiring and allow you to enjoy all the amenities of the property. Queen size bed, shower bathroom, luxury toiletries, AC and ceiling fan

22 m<sup>2</sup>

1 King bed

2 max.

total: 2.300 € pp.

6 days, 5 nights

if you wish to book this room privately, please inform us for the exact prices.



# Pietra Double Bed Room:

Parco de Sesi

In an Arabic mediterranean interior find yourself in true confort.  
This Junior Suite offers a living room, bedroom, bathroom and an  
accessible rooftop facing the sea.

28 m<sup>2</sup>

1 Double bed

2 max.

total: 2.650 € pp.

6 days, 5 nights

if you wish to book this room privately, please inform us for  
the exact prices.



# Agave Single Room:

## Parco de Sesi

High domed ceilings, whitewashed walls, handcrafted tiles on the floor, let yourself be charmed by the large volumes and the unique design of this corner of paradise remaining always fresh and opening onto a mediterranean garden at two steps away from the swimming pool.

35 m<sup>2</sup>

1 Queen bed

2 max.

total: 3,200 € private

6 days, 5 nights

if you wish to book this with a second person, please inform us for the exact prices.



# Osidiana Single Suite:

Parco de Sesi

A spectacular suite offering breathtaking views to the sea. Large volumes embracing art pieces in a unique minimalist and authentic style.

More than a room, indulge yourself a real slow and luxurious living experience.

60 m<sup>2</sup>

1 King bed

2 max.

total: 3,600 € private

6 days, 5 nights

if you wish to book this with a second person, please inform us for the exact prices.



# Grande Dammuso Villa:

## Parco de Sesi

This Original dammuso seamlessly merges centuries-old design with modern elegance. Nestled between volcanic hills and the shimmering Mediterranean Sea, the Villa Grande Dammuso offers expansive outdoor spaces ideal for relaxation and panoramic sunset views. Curated interiors showcase the owners' passion for contemporary art and unique antique pieces, creating a refined yet welcoming home.

150 m<sup>2</sup>

1 Double bed

1 Double bed or 2 single beds

Bunk Bed

6 max.

total: price per request depending of shared or entire booking

6 days, 5 nights



# Grande Dammuso Villa:

Parco de Sesi

Group Booking.







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# Booking

## Retreat

if you wish to rebook and book this Pilates & Yoga Retreat with us, send us an email. The rooms are first come, first serve.

[join@maite-reformation.com](mailto:join@maite-reformation.com)

subject: Maité Retreat Booking

Payment can be done in 2 or 3 increments.

travel insurance recommended, Retreat is not refundable up to 60 days ahead of the date



# Flight & Info

## Pantelleria

**Pantelleria Airport (19km) receives daily flights from Palermo and Trapani and twice-weekly flights from Catania.**

**In summer, there are also direct flights from Milan, Rome and other Italian cities. From Vienna you need to fly to one of the named airports, to transfer further to Pantelleria.**

**If you need assistance, do not hesitate to reach out to us.**

**Pantelleria has a Mediterranean climate and year-round winds. Summer (June-September) is sizzling, with clear skies and little chance of rain.**

**Please be sure to bring layers and jackets as it can get chilly in the evenings or when wind arrives at the island.**

**We also recommend bringing swim shoes due to the volcanic landscape of Pantelleria.**





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Retreat