



CloudRise

A LUXURY PILATES RETREAT

Welcome!

OUR VISION FOR CLOUDRISE

Ready to embark on a unique restorative and re-energising getaway? CloudRise is a 5 day experience in the breathtaking hills of Andalusia. Spain's most serene and scenic corners will provide the setting for complete nourishment and a truly unforgettable retreat.

Each day of this luxury retreat is thoughtfully designed to blend invigorating Pilates sessions (encompassing both mat and reformer work) with enriching soulful experiences.

You'll savour nourishing, chef-prepared meals and discover ample time for blissful relaxation beside our infinity pool, all while surrounded by breathtaking mountain views, beauty, stillness, and inspiration.

Whether you're flowing through your practice, exploring nature, or simply enjoying moments of sun-drenched relaxation with like-minded guests, our aim is to provide a chance to move with intention, indulge in incredible food, and emerge feeling completely rejuvenated.

Love M & T x



Meet Your Instructors



MEG FYNN

Founder of Cloud Pilates

Alongside Cloud Pilates, Meg also runs **Move Coaching**, an online health & fitness coaching business for women and owns **VOLT Studio Fitness**, a group fitness & PT studio in Penrith.

In 2023, she trained as a Reformer Pilates instructor after being captivated by learning the method herself and opened **Cloud Pilates**. Meg finds reformer to be the ultimate combination of strength, flexibility and movements that she loves.

TAYLA PURDHAM

Cloud Pilates Instructor

After falling in love with pilates and seeing her own physical progress - Tayla qualified in both **Level 2 Mat Pilates** and **Level 3 Reformer** through HFE.

Her sessions will leave you feeling stretched, aligned and focused with a **signature Cloud Club burn**. Her training is classical with a contemporary twist.





What's Included?

- **Five night stay** in a **private luxury villa** in the heart of the **Spanish countryside**
- **Daily movement** including dynamic and classical **Pilates** with our **signature Cloud Club feel** (both mat and reformer Pilates included)
- Three **nutritious home-cooked meals** each day by our **in-house chef**
- **Transfer** from the airport (on our selected flights only)
- Beautiful accommodation with **full amenities** and daily housekeeping
- **Goody bag** on arrival
- **Hiking, meditation** & an afternoon/ evening **excursion to Marbella** to shop, sightsee and socialise over a group dinner
- **Luxury infinity pool** & terrace area to relax and unwind.

Check in: Wednesday 1st July from 4pm

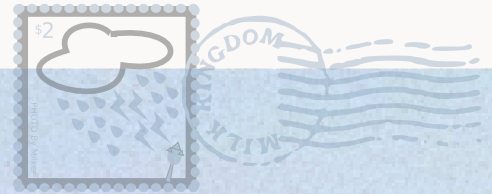
Check out: Monday 6th July 10am

Additional costs:

(not included but available)

- Alcohol
- Massage treatments
- Flights (we will confirm the recommended flights by January 2026)
- A meal out in Marbella (this is the only meal not included).

The Location



A “Pueblo Blanco” in the Andalusian Hills

While Finca Avendin offers the feel of a remote and peaceful oasis, it's just a short, picturesque walk to Gaucin where you can soak up a taste of local life.

This charming Andalusian "pueblo blanco" (white village) is perched on the crest of the Sierra del Hacho, boasting sensational views towards the Mediterranean Sea, the Rock of Gibraltar, and the Rif mountains of North Africa.

The walk to the village takes around 15 minutes (uphill on the way there, downhill on the way back!) on a typically rustic track.

During your free time, you might choose to stroll through Gaucin's quaint streets, immersing yourself in the local atmosphere, or discover the vibrant local fiestas and events that occasionally take place.

For those who wish to explore the stunning surroundings, there are plenty of walks, with many starting right from Finca Avendin's gates. The area is also well-known for horse riding, and for the adventurous, Gaucin even offers its own 'Via Ferrata'.

The Villa

Discover Finca Avendin, an exquisite private estate sprawling across 15 acres of pristine Andalusian nature, where luxury is woven into every detail.

This sanctuary of refined living boasts an impressive infinity pool that seems to melt into panoramic mountain views, offering a truly breathtaking setting for serene contemplation.

Guests will also find multiple expansive terraces for secluded moments, meticulously landscaped gardens, and dedicated, elegant spaces designed for both invigorating movement and profound stillness, promising an unparalleled retreat experience.

[Explore Finca Avendin's website](#)

[Watch Finca Avendin's YouTube](#)

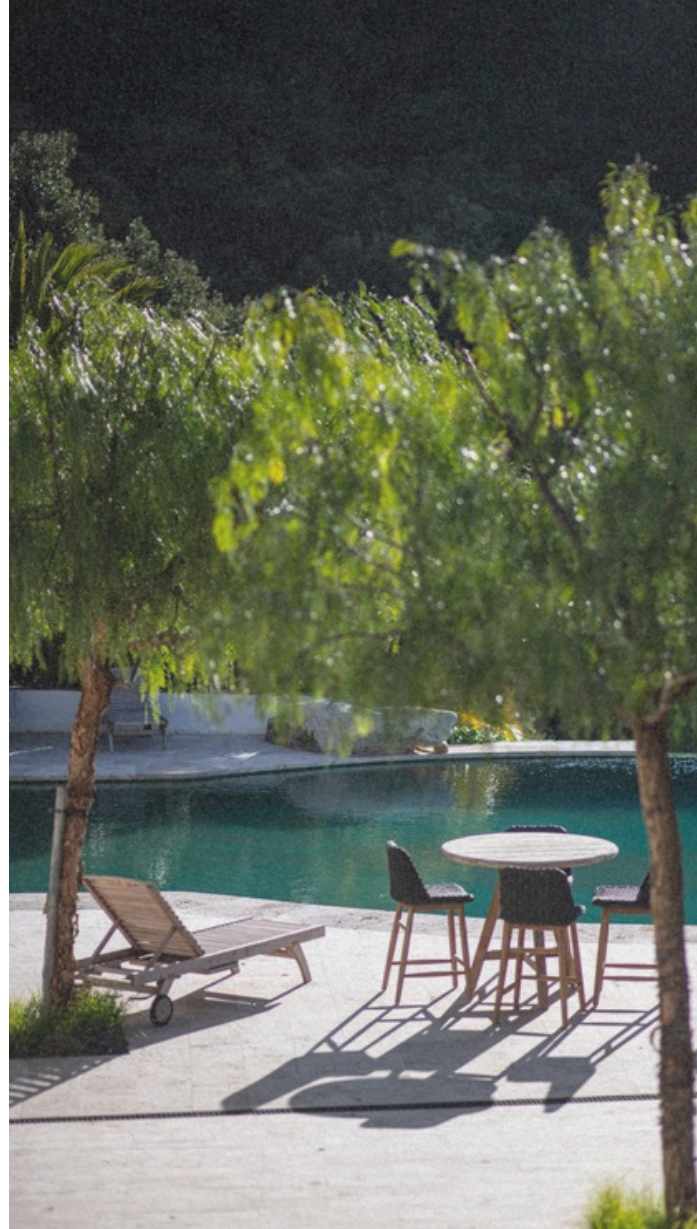


Daily Flow

At CloudRise, we've carefully crafted a harmonious balance between invigorating movement and blissful relaxation, ensuring every moment contributes to your well-being.

Our daily rhythm is designed to offer the perfect blend of challenging Pilates, nourishing meals, and ample time for personal rejuvenation by the pool or exploring the tranquil Finca Avendin.

While the example below provides a glimpse into the flow of your days, you can expect a varied and flexible itinerary.



SAMPLE ITINERARY

8am Power Pilates Class

9am Breakfast

10am Free time (enjoy pool access or bask in the Spanish sun)

12.30pm Lunch Time Express Class

1pm Lunch

2pm Free time

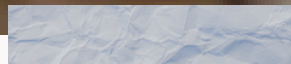
5.30pm Reformer Group Sessions

8pm Evening meal

Fuel Your Flow

OUR CHEF'S KITCHEN

Our in-house chef will cater to your every need for the duration of the retreat, with the exception of one meal that we will enjoy in Marbella town.



EXAMPLE Daily Menu

Breakfast

Fresh juices, homemade sourdough with eggs,
avocado and fruit

Lunch

BBQ mixed grill included chicken, vegetable & prawn
with caesar salad and spanish potatoes

Snack

Homemade banana bread & fresh fruits

Dinner

Mexican Tacos with fresh slaw and dips

Dessert

Mini cheesecakes

Please let us know of any dietary requirements at the time of booking.



Accommodation

We have a total of eight bedrooms available, with a mix of solo and shared twin rooms.



Luxury Solo Room	£2,500	SOLD OUT FOR 2026
Shared Twin Room with King Beds & Ensuite	£2000 per person	SOLD OUT FOR 2026
Shared Twin Room with Single Beds & Ensuite	£1700 per person	SOLD OUT FOR 2026
Shared Twin Room with Single Beds & Bathroom Down Hallway	£1200 per person	SOLD OUT FOR 2026

Deposits

A *non-refundable deposit of £500* per guest needs to be made to secure your place on the retreat. Under no circumstances is this deposit refundable or transferrable.

Shared accommodation

For those opting for a shared room, we kindly ask that you arrange your roommate ahead of time. To ensure your comfort and experience, we do not assign room shares and recommend booking with a chosen friend or fellow Cloud Club member.

Securing shared accommodation

For shared room bookings, we kindly ask that both guests submit their deposits on the same day. This ensures your space is held together and helps us provide a seamless booking experience.

Bikini/swimwear for dips in the infinity pool



Light and breathable activewear that keeps you cool and comfortable



Trainers or suitable hiking shoes for any daily walks and movement



What to bring with you

The villa already has hairdryers & all fitness facilities and equipment provided, so no need to pack a mat, ball or pilates ring!

You'll want sandals for by the pool



For our dinner dress code, think stylish & elegant summer pieces - flowy dresses & airy linen sets



Remember your sun protection, SPF, sunglasses and sunhats



Booking Info



Deposits & Payment Plans

A **non-refundable** deposit of £500 per guest needs to be made to secure your place on the retreat. Under no circumstances is this deposit refundable or transferable.

To help spread the cost, monthly payment plans are available. Following your deposit, you can split the remainder of the payments over the remaining months. 100% of the total balance must be paid no later than 1st May 2026.

If you start your payment plan from September you could be paying as little as £77 per month (depending on room type).

To enquire about CloudRise, please email info@cloudpilates.co.uk with your full name and preferred room type. We will get back to you to confirm availability within 48 hours.



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For all enquiries, please email us at
info@cloudpilates.co.uk