THE ULTIMATE PILATES RETREAT

IN THE HEART OF A NATURAL PARK

A BESPOKE LADIES ONLY RETREAT

BY LITTLE BLUE DOOR 21–24 May 2026



LITTLE BLUE DOOR

PURPOSE OF THE TRIP

Estrela Serenity Resort
4 days, 3 nights
21–24 May 2026

In the heart of the Serra da Estrela Natural Park

A retreat designed to move your body, reset your mind, and reconnect with yourself in the heart of the Portuguese countryside. Surrounded by mountains, forests, fresh air, crystal-clear waters, and panoramic views over the Mondego Valley, this experience blends mindful movement with local culture.

The purpose:

- Experiences: Explore a new location and immerse yourself in Portugese charm and nature
- Wellness: Move your body daily through energising and restorative Pilates sessions
- Connection: Share this journey with like-minded women, building meaningful bonds and laughter
- Growth: Step away from routine and find clarity, creativity, and personal expansion in the stillness of the countryside



WHERE YOU WILL BE STAYING

Estrela Serenity Resort

4 days, 3 nights

21–24 May 2026

A boutique wellness hotel designed for balance and calm. Estrela Serenity combines modern comfort with a serene, minimalist aesthetic; a space created for restoration. Expect bright rooms, soft textures, nourishing cuisine, and a focus on wellbeing that runs through every detail.

The vibe:

- Daily Pilates and yoga in light-filled studios or open-air terraces
- Farm-to-table dining celebrating seasonal Portuguese ingredients
- Spa rituals, saunas, and hydrotherapy pools for deep relaxation
- Spacious rooms with private balconies and views of the countryside
- Evenings by the pool or under the stars, glass of wine in hand

This retreat is about slowing down, breathing deeper, and celebrating movement and community. A journey back to yourself through simplicity, strength, and serenity.



TRIP OVERVIEW

ITINERARY



Thursday, 21st May

- Shared Airport pick up
- Check in from 15:00
- *Optional spa session: pool, saunas, Turkish bath, etc.*
- Sunset Pilates
- Welcome dinner

Friday, 22nd May

- Morning Pilates
- Breakfast at the hotel
- Hiking guide in local routes
- Rustic picnic lunch
- Leisure time
- *Optional spa session: pool, saunas, Turkish bath, etc.*
- Wind-down Pilates session
- Group dinner
- Fire pit & stargazing

Saturday, 23rd May

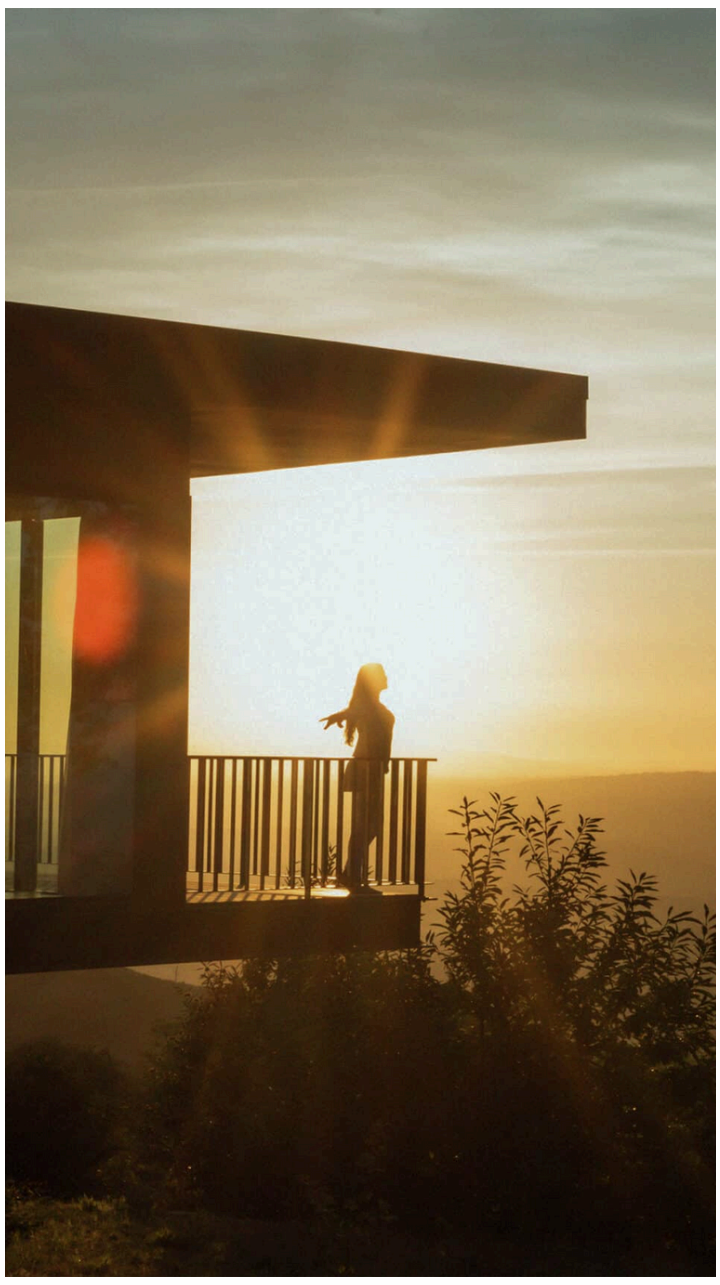
- Morning Pilates
- Breakfast at the hotel
- Hiking guide Natural Park of Serra da Estrela
- Packed to-go lunch
- *Optional spa session: pool, saunas, Turkish bath, etc.*
- Evening Pilates session
- Wine tasting & cheese aperitif
- Group dinner

Sunday, 24th May

- Farewell Pilates
- Breakfast
- Check out at 12:00
- Shared transfers to the airport











PRICING & INCLUSIONS

TOTAL COST PER PERSON:

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4 days, 3 nights: 21-24 May, 2026

Shared Room: £1,700 per person
Solo Room: £2,300 per person

What's Included:
3 nights at a beautiful nature hotel
Airport pick-up and return transfer
Daily breakfast, lunch, and dinner
2 Pilates sessions per day, guided by your dedicated Pilates host
Access to a heated swimming pool, two saunas, a Turkish bath, a gym, and a lake
2 scenic hikes in the surrounding nature
Relaxing outdoor picnics
Wine and cheese tasting experience
Additional Attendees: A Professional Pilates Instructor & Your LBD Host!

What's Not Included:
Flights
Travel insurance
Extra drinks outside planned meals
Optional activities not listed

If you'd like to share a room with a friend, please send us a message with your names, requesting to be accommodated together!





WE LOOK FORWARD TO EXECUTING YOUR DREAM HOLIDAY IN **PORTUGAL**

BESPOKE BOOKINGS

CUSTOM ITINERARIES

EXCLUSIVE BENEFITS

INSIDER KNOWLEDGE

PERSONALIZED CONCIERGE SERVICES

INFO@LITTLEBLUEDOOR.IO