



**Your well-being Retreat
in Cape Verde**

PILATES & SOPHROLOGY RETREAT "FLOW TO FLOURISH"

**from 2nd to 9th Feb. 2027
in Cidade Velha** 

WITH

Suzelle

your Pilates Teacher
suzellehortense@yahoo.co.uk
+447790148756

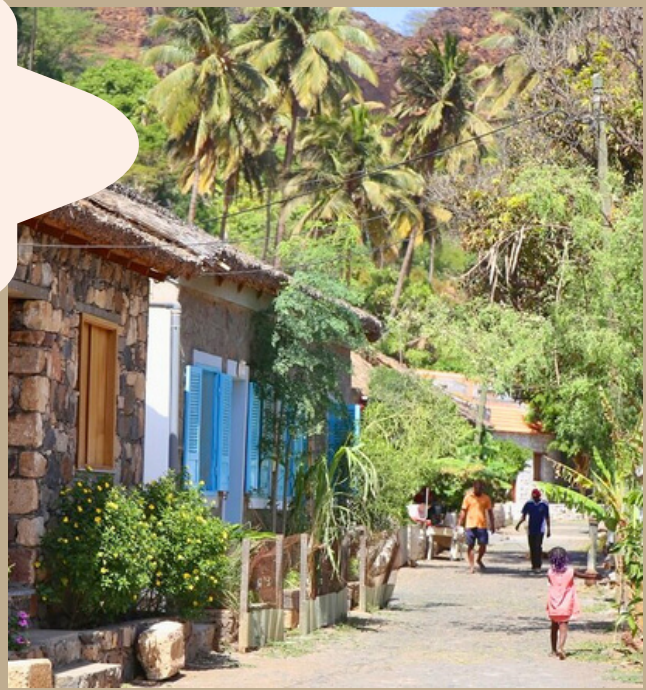
Muriel

your Experte Sophrologist
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+33620372443 (WhatsApp)



So' eMOTIONS

IMMERSE YOURSELF IN YOUR TRUE ESSENCE



This unique retreat invites you into a journey of movement and transformation. Through the synergy of Pilates and Sophrology, you'll reconnect with your body, calm your mind and gently unfold into your true self.

Move, breathe, and allow yourself to flourish.

Join us on our retreat:

‘Flow to Flourish’.



In the exceptional setting of
Cidade Velha,
a UNESCO World Heritage Site.

You will be guided through
a transformative process,
where you can dare to be yourself
and learn to live your life to the fullest.



PROGRAMME

PILATES & SOPHROLOGY RETREAT "FLOW TO FLOURISH"

Planned daily schedule

7am30	Pilates Session
9am	Tea/Coffee break
9am30	Sophrology Session
11am	Brunch
1pm	Free afternoon (<i>optional activities - see list</i>)
7pm30	Dinner
9pm	Meditation

Pilates and Sophrology are deeply linked through breathing and offer a powerful combination for relaxation and inner balance.

Together, they promote better concentration and the harmonisation of the body, mind, as well as increased self-awareness.

While Pilates strengthens and stretches the body, Sophrology refines inner listening, creating a holistic approach to well-being.

Step into a space where movement becomes transformation.

Blending Pilates and Sophrology, this retreat guides you back to yourself : to your breath, your body, and your inner balance. Let yourself flow. Let yourself flourish.

"FLOW TO FLOURISH"

WHY JOIN THIS RETREAT?

Total immersion: 7 days to slow down, breathe, ground yourself through movement and refocus!

Expert guidance: Suzelle, your pilates teacher focuses on developing strength and flexibility while nurturing overall wellbeing and the mind–body connections; and Muriel, sophrologist, will guide you on an inner journey to fully embody who you are.

An enchanting setting: connect with yourself facing the ocean, practise pilates and sophrology under a sunny sky and feel the vibrant energy of Cidade Velha.

Experience a human and spiritual adventure: where each practice brings you closer to yourself.

Time for yourself: far from everyday life, a space to listen to your intuition and rediscover your balance.

An immersive experience: discover Cape Verdean culture through nature, cuisine and local traditions. .



MURIEL



SUZELLE

YOUR ACCOMMODATION

During our retreat, we will have the pleasure of staying at **Encosta Azul**, a hotel located in Cidade Velha, offering breathtaking views of the Atlantic Ocean. Accommodation includes recently renovated apartments with private balconies overlooking the sea, an outdoor swimming pool with panoramic views, and a garden conducive to relaxation.



Vegetarian cuisine prepared with local produce will be served. Beverages such as water, fruit juices, coffee and tea will be available throughout the day.

This idyllic setting and these services will help to create an atmosphere conducive to relaxation and reconnecting with oneself:

“FLOW TO FLOURISH”





USEFUL INFORMATION

RESERVATIONS ARE REQUIRED FOR
THE FOLLOWING ACTIVITIES.

Massage
Individual Sophrology Sessions
Beaches
Water sports
Hiking in Rui Vaz
Afternoon visit to Tarrafal
Traditional Cape Verdean dance lesson

YOUR STAY AT A GLANCE

Location

Cidade Velha, Cape Verde

Dates

2nd to 9th February 2027

Accommodation

Encosta Azul encostazul.com

Meals

Local cuisine

Prices

EUR 1,200 in a double room (two separate beds)

EUR 1,400 in a single room

Includes airport transfer from Praia to Cidade Velha,
accommodation, meals, pilates and sophrology classes.

Access

Direct flights from
International Airports to Praia (Cape Verde)

Contact & registration

Muriel - soemotions.muriel@gmail.com -

**Reserve your place
now!**



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