

Pilates & Mindfulness Meditation Holiday on the Isle of Wight

Destinations: Isle of Wight & England

Trip code: FWKPM



HOLIDAY OVERVIEW

Combine Pilates with the meditative practice of mindfulness. Mindfulness Meditation begins with the breath, allowing you to pay attention to your thoughts and feelings, becoming more aware of them without being enmeshed in them, and ultimately being better able to manage them. With the mind settled, it's time to focus on the body with gentle Pilates movements which combine stretching, fluid movements and breathing. There's also time to enjoy a relaxed paced guided walk to absorb the beauty of the local scenery and feel at one with nature.

WHAT'S INCLUDED

- High-quality Full Board en-suite accommodation and excellent food in our country house
- Guidance and tuition from a qualified Leader to ensure you get the most from your holiday

HOLIDAYS HIGHLIGHTS

- Expert tuition and advice from our experienced Leaders

- Relaxed and friendly environment
- Small group sizes of 15 people or fewer

ITINERARY

Day 1: Arrival Day

You're welcome to check in from 4pm onwards.

Day 2 - 3: Your Mind & Body Sessions

Mornings

In the mornings, you'll indulge in your first Mind & Body session of the day, led by your HF Holidays Instructor.

Afternoons

After lunch, there is free time for you to join a guided walk, explore the area independently or perhaps relax at the country house. The choice is yours!

In the late afternoon, there will be another Mind & Body session for you to join.

Evenings

After dinner, you may wish to partake in an optional relaxation session or join in with the in-house activities.

Day 4: Departure Day

Enjoy a leisurely breakfast before making your way home.

USEFUL HOLIDAY INFORMATION

What To Bring

Pilates

No special clothing is required for your Pilates holiday, but it is recommended that you wear loose-fitting clothes to facilitate easy movement. There may be some lying down work, so you need to bring a Pilates mat and a small blanket. Please note, a non-slip yoga mat is not suitable.

Walking

To enjoy your walking comfortably and safely, it is essential that your footwear, clothing and equipment are suitable for the conditions likely to be encountered. Britain is famous for its changeable weather, so our advice is to come prepared for all eventualities. Please bring a rucksack, a thermos flask for a hot drink, a water bottle (at least one litre) and first aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure

online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £20 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF

Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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