



**BARRESENTIAL**

*luxury retreats*

*make the ocean your mat..*



*Villa Republic, Galle*



*22 September 2018*

*Villa Republic*  
*Exquisite. In every way.*

Combining elegant decor with a picturesque location and delectable local cuisine, Villa Republic Galle presents to the traveller all that is beautiful about Sri Lanka.

Enjoy the cool breeze wafting through the long verandahs as you nestle in with a book & a cup of tea.

Enjoy a swim in the aquamarine waters of the villa pool for a pre-lunch refresher.

We set up the schedule; you decide what you'd like to do.

We are here to pamper you.



# *Barre*

Our form of Barre is far from Ballet. We focus on strengthening, lengthening and toning muscles with isometric and eccentric intelligent movements.



# *Pilates*

A highly intelligent exercise method focusing on the breath and precise use of muscles to strengthen the core whilst working to mobilise and stabilize the pelvis, spine and shoulders for full body muscle balance and postural alignment.

## *Price of Rs 10,000 includes:*

- 1/2 hour pre-retreat assessment
- Roundtrip transport by luxury van
- 3-course lunch experience
- Afternoon tea & delights
- 1 x 60 mt Barre class
- 1 x 45 mt Pilates class
- Full use of resort facilities









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*[hello@barressential.com](mailto:hello@barressential.com) to book*

*[www.barressential.com](http://www.barressential.com)*

*Instagram: @barressentialluxretreats @villarepublicsl*