

A group of women are participating in a Pilates class in a bright, modern studio. They are lying on their sides on black mats, performing a side plank exercise. The woman in the foreground is smiling and looking towards the camera. The background shows other participants and large windows with a grid pattern.

What to *expect*

PILATES DAY RETREAT FOR MOMS

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Day Schedule

9:00 - 9:15 Opening Circle

9:15 - 9:30 Breathwork

9:30 - 10:30 Pilates

10:30 - 11:00 Stretch & Bond with Baby

11:00 - 11:30 Journaling & Tea time

What to Expect

- A welcome drink / coconut water
- Introduction and getting to know each other
- Breathing techniques for relaxation, sensory stimulation with sound bowls and essential oils.
- Core Pilates workout
- Yoga & stretch session
- Time to nurse baby or stretch with toddlers
- Journaling, reflecting on the experience, networking and tea time

An activity hub has been designed for children 6 months to 4 yrs to keep them engaged while mommy works out in the next room.

Although for safety purposes (and in consideration of allergies) children will only be given foods and drinks brought by mom.

Goodie bag with self-care essentials to remind you to always put yourself first.

Sessions will be led by certified instructors in Yoga & Pilates.

Where it will take place

📍 Villa Vista | East Legon



How much you'll invest in this experience

Early bird discount (Pay by 22nd November, 2025)
GHS 550

GHS 650 regular

Mommy & friend GHS 1,000

Payment Details

Absa Bank

Branch: Osu

Account Number: 012-1317885

Account Name: Mahraba Move Therapy

Currency: GHS

MTN MoMo 0543828886

Mahraba Move Theraphy

For more information on Mahraba, the work that
we do and our certified instructors, visit -

www.mahraba.org

