

MAS DE TORRENT

HOTEL & SPA

★★★★★

18th to 20th | OCT | 2024

by @ffitcoco

ffitretiro



DATES:

October 18th to 20th, 2024

LANGUAGE:

Spanish

PRICE:

Shared room: 1651 €
(825,5 € per person)

* If you are coming alone, please email
reservations@mastorrent.com or call +34 972 303 292

CHECK IN: 3pm

CHECK OUT: 12pm

INSTRUCTOR:

Coco Constans (@ffitcoco)

Limited spots available*



What's

INCLUDED



Accommodation in a double room for 2 nights.



3 fitpilates classes.



Snack Corner.



Welcome pack.



Full board
(drinks included during meals).



2 activities.
surprise workshop.



Access to Mas Spa
(Sauna, Hammam, heated pool, water circuit, and Technogym Fitness room).



Materials
for activities.



- Discover the Costa Brava.
- Disconnect from your routine to connect in a new environment.
- Dedicate time to yourself.
- Renewed energy and inner peace.
- Meet an amazing group of people.
- Train ffitpilates (and much more...)

Ffitretiro

BENEFITS



Instructor

COCO CONSTANS

She is Coco Constans, a Pilates instructor and psychologist. She was born in Barcelona on December 14th, 1994. She created her own ffitpilates method in 2020, and today she teaches this discipline through her website ffitcocohouse.com and on her Instagram [@ffitcoco](https://www.instagram.com/ffitcoco). With captivating potential and a unique worldview, Coco has built a digital community where not only body movement is promoted, but her exercise routines are also accompanied by a holistic lifestyle focused on physical and emotional well-being.

With years of studies in the field of sports behind her, and a strong passion for continuous learning, in 2020 she set out to share her own method, the result of her expertise in the field. ffitpilates is rooted in classical Pilates foundations, various training courses she has completed throughout her professional career, and her personal experience with body movement, along with her “ffit” touch that adds intensity to her classes.

She shares her healthy and balanced lifestyle through her social media, and through her retreats, she offers the opportunity to experience a 360° journey with her.



Mas de Torrent

FFITRETIRO

October is a month of change and reflection. Of home, blankets, early nights, and slow weekends. A time to embrace the sun's rays and make the most of the daylight hours. It's the perfect moment for a retreat, where body and mind harmonize. In the serenity of autumn, you will explore inner strength, cultivating complete well-being. It's Coco's favorite month to plan a retreat.

She describes her ffitretiros as weekends among friends, where she shares everything that makes her feel good: ffitpilates, the countryside, long after-lunch conversations, toasts, chats, and snacks. Her mission is for everyone to feel at home, in a safe and relaxed space, where the magic flows from bringing together a group of women who share experiences, stories, and a lifestyle... as well as connect and create bonds that go beyond the weekend!

In her ffitretiros, you will spend quality time with yourself and the rest of the group. You'll meet inspiring women who share a similar way of life, train like never before, eat and drink wonderfully, and be surprised by the 3 activities awaiting you that we can't reveal just yet.

Don't let others tell you about it. Experience this ffitretiro firsthand! The best gift you can give yourself is time for you.

