



Wellness Expert Natasha Williams-Rapata

14th – 22nd of September, 2023

Natasha has been a wellbeing practitioner and Pilates Instructor for over 6 years working in some of the most renowned studios in London. Trained at Alan Herdman Pilates in pre and post op rehab Pilates. She has gone on to work with clients with different goals and needs. From Pre-post natal, herniated discs, ACL reconstructions, EDS sufferers, dancers, gym junkies to callisthenic fanatics. Working with 1:1s is what she enjoys the most, but has worked with groups of up to 10 in London based Pilates equipment studios giving her a reputation of the "Ab Queen" with high energy and creative classes. One of her favourite corporate matwork Pilates classes was in Buckingham Palace.

Pilates Consultation

15 minutes

Complimentary consultation and advice with Natasha so you can plan your Spa and Fitness journey.

Private Pilates Session

60 minutes / EUR 115

Pilates is a system of repetitive exercises performed on a Pilates mat to promote strength, stability, and flexibility. Pilates exercises develop the body through muscular effort that stems from the core. The technique cultivates awareness of the body to support everyday movements that are efficient and graceful. Nothing will get you more focused, aligned and toned than working with your core. This practice improves your posture, strengthens your abdominal muscles and clears the mental clutter.

Group Pilates Session

60 minutes / EUR 190

Practice with family, friend or significant other in a tailor-made group class with Natasha and experience all the benefits of Pilates.

All rates are in EUR and include VAT

Six Senses Spa at Porto Elounda Golf & Spa Resort

T +30 284 106 8060 | Resort guests, please dial ext. 6100 | E spa.manager@elounda-sa.com
72053 Elounda, Crete, Greece

www.sixsenses.com