



THE CASA MENTE SIGNATURE EDITION  
BORDEAUX  
3-7 MAY 2026

A classical Pilates retreat set in the French countryside. Five days of structured practice, seasonal cuisine, and refined surroundings at a private château.



## ASHLEA MCKEE

Founder of Pilates with Ashlea and Élan Wellbeing, Ashlea leads the daily Pilates practice at Casa Mente. Her work is defined by precision, structure, and thoughtful individual progression, delivered in an intimate setting.



## CHEF JACINTA COLLET

Chef Jacinta Collet curates the daily menus served at the château. Each plate is composed with precision, drawing on seasonal ingredients and global influences. Every menu is individually tailored, including vegan, pescetarian, and other specific requirements, creating a dining experience that is both deeply personal and nutritionally exacting.

## 3 MAY - ARRIVAL

From 2 pm

Arrivals, light bites, check-in and time to settle

4 pm

Opening circle, intention setting and Casa Mente rituals

6 pm

Opening Pilates session with Ashlea

7:30 pm

Welcome dinner

8:45 pm onwards

Evening ritual



4 MAY  
METHOD

4 MAY

From 8 am  
Morning broth and hydration

9 am  
Morning Pilates flow

10:15 am  
Healthy drinks and light bites

11 am  
Treatments, pool and time at leisure

1 pm  
Poolside lunch

5 pm  
Sunset Pilates in the gardens

7:30 pm  
Candlelit dinner



5 MAY  
THE ATLANTIC

5 MAY

From 8 am  
Morning broth and hydration

8:45 am  
Awakening Pilates

9:45 am  
Healthy drinks and light bites

11:30 am  
Depart for Biarritz

1 pm  
Seaside lunch at Hôtel du Palais and afternoon at leisure

5 pm  
Return to château

7:30 pm  
Multicourse dinner

8:45 pm  
Optional wind-down ritual



6 MAY  
HERITAGE

6 MAY

From 8 am  
Morning broth and hydration

9 am  
Courtyard Pilates

10 am  
Healthy drinks and light bites

1 pm  
Teatime brunch and poolside afternoon

4:30 pm  
Sommelier-led wine tasting, with alcohol-free alternatives

6 pm  
Gala opening and vintage car ride

8 pm  
Candlelit gala night



7 MAY  
RETURN

Return with clarity and calm, ready to carry the rhythm of Casa Mente into the season ahead.

7 MAY

9 am

Morning broth and hydration

9:30 am

Closing Pilates session

10 am

Farewell bites

11 am

Check-out and departures

## WHAT'S INCLUDED

- Accommodation at the château
- Organic wine tasting
- Gala night experience
- Daily guided Pilates sessions
- One signature massage treatment
- Exclusive use of château facilities
- Daily chef-curated, tailored meals
- Casa Mente rituals and details
- Seaside lunch at Hôtel du Palais
- Airport transfers to and from Bordeaux and Dax

## WHAT'S NOT INCLUDED

- Flights to and from France



## ACCOMMODATION & RATES

### DOUBLE OCCUPANCY

€3,390

per person

### SINGLE OCCUPANCY

€3,990

per person

### RESERVATIONS

[contact@casa-mente.com](mailto:contact@casa-mente.com)