

WELLNESS & MOVEMENT SESSIONS WITH RENEE WATSON

21 March - 13 April 2026

Renee Watson is the co-founder and co-director of The Source Cape Town, a premier pilates and yoga studio and teacher training centre in South Africa. With extensive experience teaching Pilates, Yoga, Gyrokinesis, Lymphotherapy, and more, Renee has led workshops and courses worldwide, helping clients address their unique needs. Join Renee on your pilates journey and experience personalised mindfulness, thoughtfully designed to enhance your stay at One&Only Reethi Rah.

For reservations, please contact your Host or One&Only Spa.



One&Only
REETHI RAH
Maldives

PILATES & YOGA EXPERIENCES

PILATES REFORMER

60 MINUTES | \$250 PER PERSON

Join Renee for a session on the Pilates reformer and guide your body towards better balance and alignment. This versatile apparatus offers a full body experience with deep core connection, postural awareness, mindful movement and breathwork. With her extensive experience, Renee will design a session tailored to your specific needs.

PRIVATE PILATES MAT

60 MINUTES | \$225 PER PERSON

A Private Pilates session with Renee is tailored to your individual needs, using mat and reformer exercises to build strength, improve flexibility, and enhance overall body awareness. Techniques such as flow and hypopressives are incorporated to create a session that can challenge athletes, support rehabilitation, or aid gentle post-natal recovery.

PILATES DUET

60 MINUTES | \$300 PER COUPLE

Private Duet Pilates offers a personalised session with Renee designed for couples. Combining mat and reformer exercises with techniques such as fascial release, flow and hypopressives, each practice is tailored to support both participants whether for fitness, rehabilitation or gentle postnatal recovery.

PRIVATE VINYASA YOGA

60 MINUTES | \$230 PER PERSON

A Private Vinsaya Yoga session with Renee is designed to focus on your individual needs. Combining mindful movement, breath work and flow sequences, she will tailor the practice to support flexibility, strength, relaxation or recovery.

COUPLES VINYASA OR RESTORATIVE YOGA

60 MINUTES | \$280 PER COUPLE

Bring mindfulness and breath into your paradisiacal stay through a dynamic flow, a yin style practice, or a slow flow class. A beautiful way to begin your morning or end your day.

FASCIAL RELEASE CLASS

30 MINUTES | \$150 PER PERSON (MAXIMUM OF 4 PERSONS)

Focused on mobility and tension release, the session incorporates guided techniques and targeted stretches to help release fascia, enhance flexibility and support overall wellbeing.

Customised packages are available upon request.
All prices are subject to 10% service charge and applicable GST.

GROUP PILATES MAT CLASS

60 MINUTES | \$125 PER PERSON

Renee's Group Pilates Mat class builds core strength, improves flexibility, and enhances overall body awareness through guided mat exercises and flowing sequences suitable for all levels.

FASCIA FLOW

60 MINUTES | \$225 PER PERSON

Fascia creates a beautiful web throughout our bodies. It suspends our bones and helps us move smoothly with freedom and ease. Join Renee for this Pilates-based session using fascial release balls, sustained stretches, and elastic movements to experience a release and lightness of body and energy.

AERIAL YOGA

60 MINUTES | \$260 PER PERSON

An Aerial Yoga session with Renee using the silk hammock, set within the serene surroundings of Chi Pavilion. Designed to build strength, balance and the confidence to explore inversions, the session offers a gentle introduction for beginners, with more challenging variations for those ready to soar.

COUPLE AERIAL YOGA

60 MINUTES | \$310 PER COUPLE

Partners move together using aerial hammocks to build strength, balance and flexibility. Each session is tailored to suit both participants, encouraging connection and mindful movement throughout the practice.

YIN YOGA

60 MINUTES | \$230 PER PERSON

Yin Yoga with Renee focuses on deep stretches and mindful stillness to release tension, improve flexibility, and promote relaxation. Each session is designed to support both body and mind.

Customised packages are available upon request.
All prices are subject to 10% service charge and applicable GST.