



center for the art of **life in movement** ————— PILATES BY NATURE

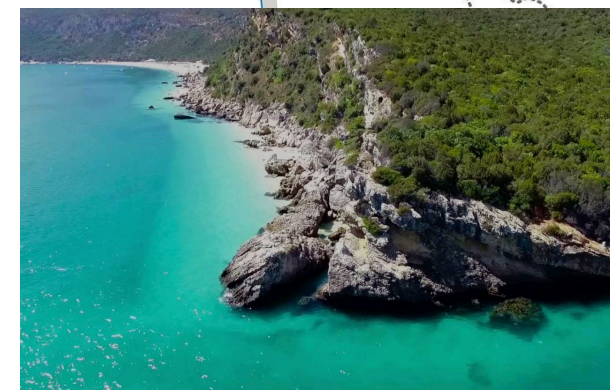
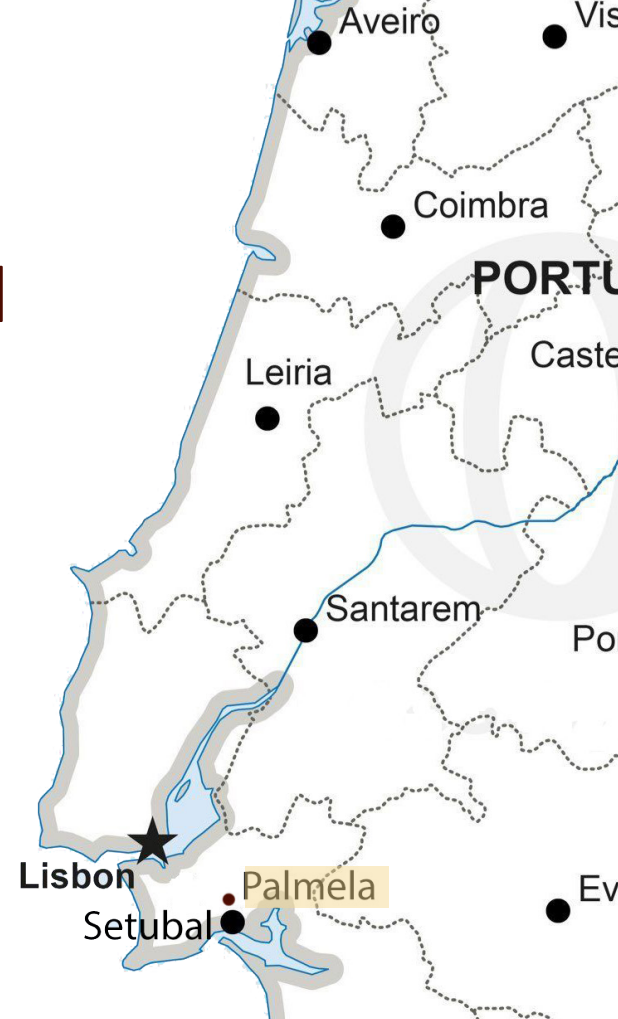


Portugal's First **Pilates Wellness Retreat**

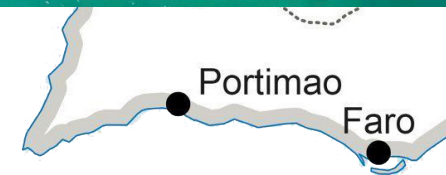
*Sustainable by Design.
Regenerative by Nature.*

CALM

The Location: Palmela, Portugal



35 minutes from Lisbon • 10 minutes to beach • inserted into Arrabida Nature Park



CALM

The Venue



Reception
Private Pilates Studio
Lounge, Cafe, Restaurant
Pilates Equipment Studio

Natural Swimming Pool
with Green Sound Wall

5 Guest Rooms
2 Spa Rooms
Multi-purpose Mat
Studio

7 Eco-Bungalows built from
timber, straw, lime & clay
Green Roof Herb Gardens

CALM birds-eye view



General Specs

Plot size
1.12ha / 3 acres

Built area
780m² / 8400 ft²

Total construction
1600m² / 17200 ft²

Accommodation

Suites (total of 5)
23m² / 250 ft² each

Bungalows (total of 7)
44m² / 475 ft² each

Studio Spaces

Private Pilates Studio
27m² / 290 ft²

Group Equipment Studio
60m² / 640 ft²

Mat Studio
110m² / 1180 ft²

Other Areas

Cafe Restaurant
40m² / 430 ft²

Kitchen
30m² / 320 ft²

Swimming Pool
85m² / 915 ft²

Massage Rooms (total of 2)
11m² / 118 ft² each

CALM entrance from Rua Afonso de Albuquerque



Mareile Paley

Did you know?

“Ever since I dreamed up this project, it was going to be called “The Center for the Art of Life in Movement”.

As it started to take on shape, I laid in bed awake one night and thought: The Center for the Art of Life in Movement – that’s a REALLY long name for a hotel. I wonder what it abbreviates to?...

And there it was: C-A-L-M

CALM reception area with view into private Pilates studio



CALM view from private Pilates studio towards reception



CALM pool area



Our Natural Swimming Pool

The water for our pool will come from our own clear spring water cave (called a Mãe d'Água in Portuguese).

The water will be filtered and cleaned through a 100% natural process using water plants, rocks and sand. No chlorine or salt will be needed. The filtration process happens in a special plant basin, which will also serve as a contemplation spot surrounded by the trickling of water and (maybe) the odd frog...

Have a look at our Mãe d'Água here:



CALM overall view



CALM lower area with bungalows

Eco Bungalows

Our 7 bungalows are inserted into the natural landscape of the grounds, leading directly into the Arrabida Nature Park, which spans 180 km² (70 sq mi) of protected habitat.

The bungalows are built using natural materials with timber frame walls, insulated with compressed straw and a clay-lime finish. The roofs are green roofs planted with local grasses and herbs.

If you are curious about our natural building methods, you can ask our architects, Ana & Thilo



BUSINESS MODEL

a simple, straight forward package



accommodation

+



breakfast

+



private Pilates
class



Individual Bookings 50% - 70%



Group Retreats 10% - 30%



Training & Education 10%

Other (events, merchandise, memberships) 10%

CALM lower area with bungalows



CALM bungalow view into Val dos Barris, Arrabida



CALM lower area with gardens



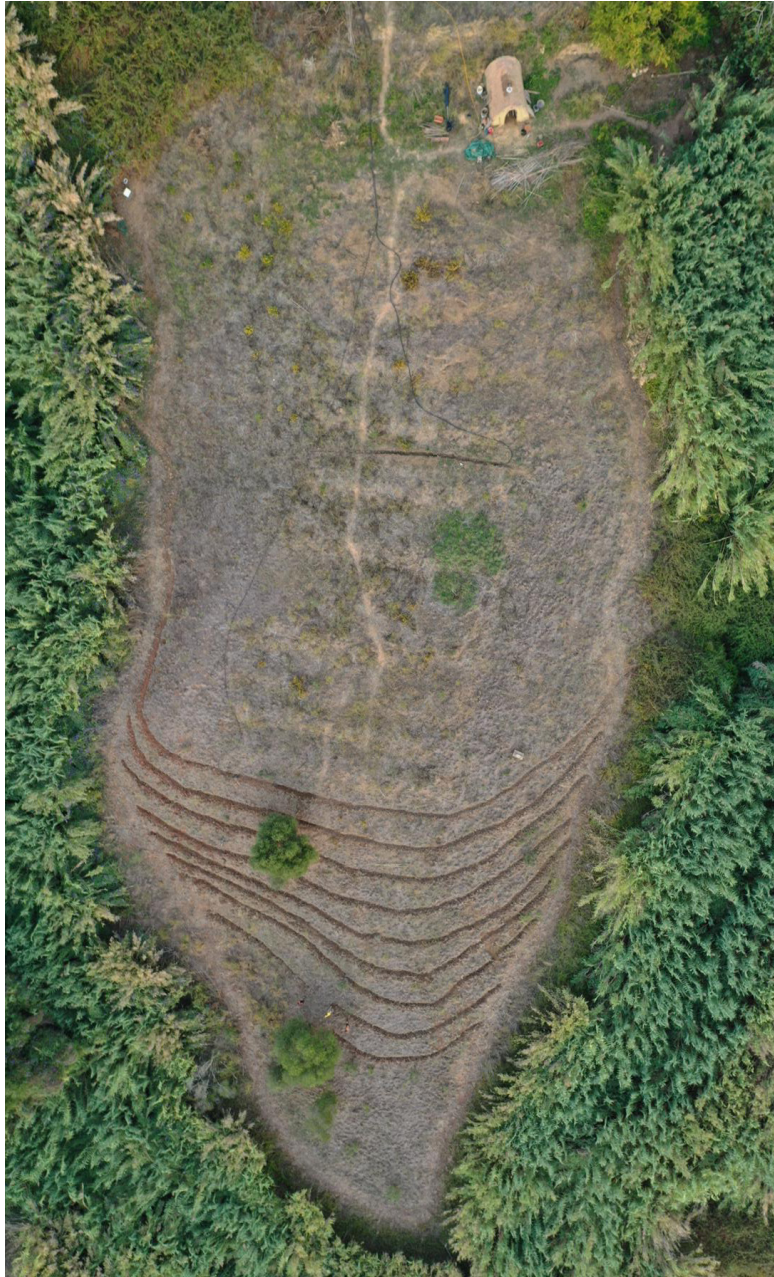
Matthieu Paley

Giving back to Nature

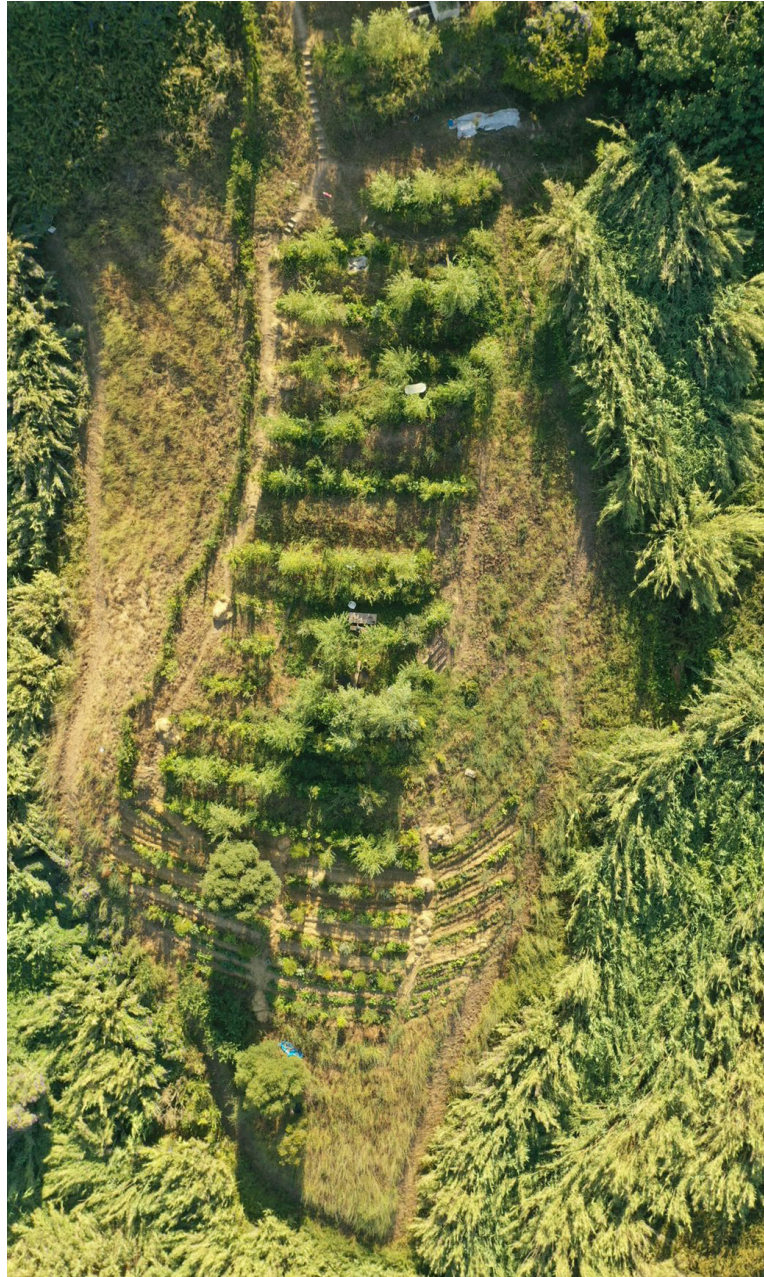
"We started in 2020 to replant and regenerate the lower part of the land for CALM. Finding myself on an unexpected break from my job as a photographer, I started to experiment with food forestry and syntropic farming methods. We have planted thousands of trees and native species for shade, biodiversity, better soil... and for our guests to enjoy!"

The winding staircase leading down the property will guide you seamlessly into our magical, natural food forest wonderland.

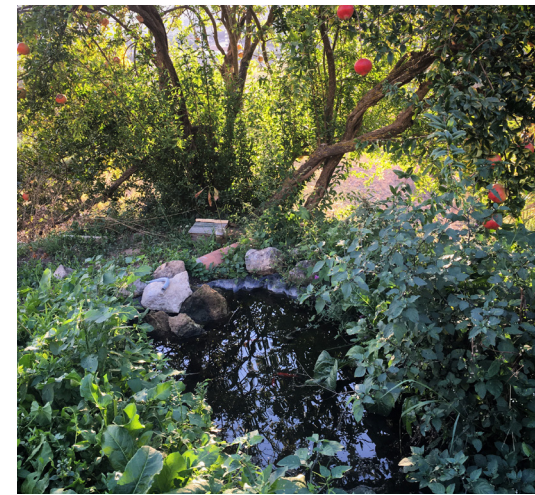
CALM our food forest & gardens



the barren land in **2020**



two years later in **2022**



CALM aerial view, village integration



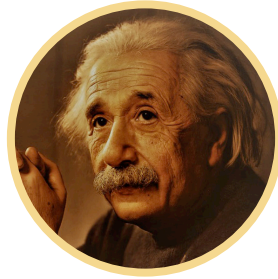
Sense of Place

CALM will be inserted into the fabric of the historical village of Palmela, known for its medieval castle and cobblestoned streets.

As such, it was important to us to honour this sense of place and to be thoughtful with our architectural approach.

The wellness of travel needs to link to the wellness of the place and how we contribute to it. Our mission is to enable a model where connections to self, each other and the environment all feed (into) each other.





We cannot solve our problems with the same level of thinking that created them.

~ Albert Einstein



Every moment of our life can be the beginning of great things.

~ Joseph Pilates



LET'S CO-CREATE THIS SPACE TOGETHER!

calm 
center for the art of **life in movement**

CONTACT:

Mareile Paley

mareile@calmportugal.com

www.calmportugal.com