



NIHI

SUMBA

Pilates on the Edge of Wildness

A RETREAT BY THE PILATES PROJECT

The Retreat Journey

This sample itinerary offers a glimpse of five days of Pilates and Wild Wellness at NIHI Sumba.

Across five days, daily mat Pilates and private reformer sessions with Em come together with some of NIHI's most memorable experiences. Swim with the Sandalwood horses, trek to Nihioka for a Half-Day Spa Safari and enjoy sunset drinks, with time between activities to explore at your own pace.

YOUR INCLUSIVE NIHI EXPERIENCE

Four nights' accommodation in a private villa, priced separately from the retreat package based on your preferred villa category.

Full Pilates retreat programme led by Em Krzus of The Pilates Project.

Daily group mat Pilates and two private reformer sessions per guest, or shared by a couple/friend pair attending together.

Swimming with Horses.

Half Day Spa Safari, accessed by trek, including 2.5 hours of treatments.

Private sunset welcome Happiest Hour and one private group dinner.

A journaling workshop.

NIHI Signature inclusions, [see more](#) 

*THIS ITINERARY IS INDICATIVE AND SUBJECT TO CHANGE BASED ON WEATHER, TIDES AND OPERATIONAL CONSIDERATIONS.







Day One

ARRIVAL ON THE EDGE OF WILDNESS

Following a scenic 50-minute flight from Bali, arrive at Tambolaka Airport, where the NIHI team will welcome you for the journey across Sumba to the resort and your private villa. Settle in before joining Em and your fellow guests for an introductory group mat Pilates session overlooking the ocean.

As the sun sets, gather for a private welcome Happiest Hour, with drinks and conversation as you get to know the group. The evening continues with the Sumba Foundation Dinner, introducing the island, its people and the community that makes it so special.

Day Two

FINDING YOUR RHYTHM

Begin the morning with group mat Pilates led by Em, working on technique, control and alignment with the ocean stretching out ahead.

After breakfast, the day unfolds around your individual programme, with private reformer sessions and the opportunity to experience Swimming with Horses, depending on tides and ocean conditions.

Between activities, head to the beach, relax by your pool or explore more of NIHI Sumba. Each private session offers time to work closely with Em, with guidance tailored to your practice.

As evening approaches, enjoy Happiest Hour at The Boathouse before a relaxed dinner at leisure.





Day Three

A DAY OF WILD WELLNESS

Set out on a trek through Sumba's landscapes to Nihioika, passing through tropical surroundings and catching glimpses of island life along the way.

Your Half Day Spa Safari begins with breakfast, followed by 2.5 hours of treatments in open-air bales overlooking the ocean. Swimming with Horses takes place in small groups, coordinated around private reformer sessions, with time between experiences to enjoy NIHI at your own pace.

Later, come together for a gentle group mat Pilates session, easing into movement after the day's adventures. Enjoy sunset drinks at Happiest Hour before gathering for a private group dinner at the Riding & Racquet Club.



Day Four

MOVEMENT & REFLECTION

The morning allows time to enjoy your individually arranged experiences, from the trek and Half Day Spa Safari at Nihioka to your remaining private reformer sessions with Em.

Spend time at leisure before joining the group for an afternoon journaling workshop, followed by closing group mat Pilates. This final session brings together the work of the past few days, with time to ask questions and take inspiration for your practice at home.

As the sun sets, enjoy Happiest Hour before dressing in white for NIHI's iconic White Party, celebrating your final evening beneath the Sumba sky.

*SPA SAFARI AND SWIMMING WITH HORSES WILL TAKE PLACE IN SMALL GROUPS
THROUGHOUT THE RETREAT, COORDINATED AROUND PRIVATE REFORMER SESSIONS.





PILATES RETREAT

Day Five

UNTIL WE MEET AGAIN

Enjoy breakfast at leisure, with time to take in the views and the rhythm of Niihwa Beach one last time. Return to your villa to prepare for departure before the NIHI team accompanies you on the journey back to Tambolaka Airport for your onward flight.

EDGE OF WILDNESS™

Meet Em Krzus

MAT & REFORMER PILATES INSTRUCTOR

Em is a Mat and Reformer instructor and movement coach with over six years of teaching experience across Perth, Bali and The Pilates Project's online community.

Growing up riding horses and dancing shaped her love of movement, making Sumba a natural setting for her approach.

Her classes combine controlled movement, creative sequences and clear guidance, with close attention to technique.

Expect to feel challenged and supported, with something new to bring to your practice.





FOR MORE INFORMATION, PLEASE CONTACT OUR TEAM

RESERVATIONS

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(ASIA TIME)

NIHI® SUMBA IS A MEMBER OF:

