

# ●●● PILATES RETREAT ●●●

October 5, 2009

new Prana del Mar  
Baja, Mexico



26 January -  
2 February  
2010

**TWO MAT CLASSES PER DAY  
WITH KATHLEEN**

Additional Classes for those who have never  
done pilates.



STRETCH CLASS  
DANCING  
YOGA

Three Meals Per Day  
from Organic Garden.

Eco-Friendly Retreat  
Center with Spa  
Services.

1800 sq ft. movement  
room with bamboo floor,  
high-end equipment, and  
views of the ocean and  
mountains.



See [pranadelmar.com](http://pranadelmar.com) for  
facility details.

CONTACT KATHLEEN  
for Retreat details.

**\$1400**

per person dbl

**\$1800**

own room

**\$100** to hold  
reservation.

**50% Due**

20th November.



Check to PilateSpa.  
**(Remember, you need a  
Passport.)**

Will  
you  
Retreat  
with  
us?



This is a retreat run entirely by  
Body Conscious' PILATESPA

**There are ten spaces left in the Pilates Immersion Retreat at this time.**