

# ●●●PILATES RETREAT ●●●

October 5, 2009

new Prana del Mar  
Baja, Mexico



**SOLD OUT**

26 January -  
2 February  
2010

**TWO MAT CLASSES PER DAY  
WITH KATHLEEN**

Additional Classes for those who have never  
done pilates.



PILATES  
STRETCH CLASS  
DANCING  
YOGA

Three Meals Per Day

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@pilatespa.com](mailto:kathleen@pilatespa.com)

for Retreat details.

**\$1400**  
per person dbl  
**\$1800**  
own room



(Remember, you need a  
Passport.)

Will  
you  
Retreat  
with  
us?



This is a retreat run entirely by  
Body Conscious' PILATESPA