

Power Your Practice 2024

PILATES + MELT RETREAT w/ Carol LeMaitre

Plus Guest Teacher Jackson Grantham!

at Mar De Jade Retreat Center in Chacala, Mexico



March 16 - March 23, 2024

Join us for a glorious week where the sound of the ocean waves soothes the soul, the warm water beckons a swim, the food is delicious and healthy, and daily Pilates and MELT classes rejuvenate you. This retreat is designed to take you to new levels of strength, flexibility, ease of movement and--especially--peace of mind.

Take this time to unplug from your day-to-day responsibilities. Return home refreshed, enlivened, and with lots of good stories to tell.

“Mar de Jade is one of the great undiscovered pleasures of Mexico... A tropical setting that lifts the spirits and fires the imagination.” – San Francisco Chronicle

Included in Your Retreat

- **8 days and 7 nights lodging** at Mar De Jade
- **2 classes per day** and an optional 3rd Pilates class
- **3 meals per day.** Every dish is made from scratch using fresh ingredients from the retreat center's organic farm.
- **Transportation to and from Puerto Vallarta airport** and the retreat center if your flights arrive and depart between 2pm – 4pm on March 16 and March 23
- **Retreat center's wide sandy beach, pool, jacuzzi, and hammocks.**
- **Snack bar.** Enjoy coffee, tea, fruit, bread, and their stellar homemade organic peanut butter and mango marmalade.
- **Purified drinking water** available at stations around the retreat center.
- **Undivided attention** of 2 fantastic teachers
- **Salsa Night** live music and dancing
- **Bonfire on the Beach** closing night



Pricing (per person)

- **Dormitory: \$1990**
- **Guest Room: \$2,245/pp dbl, \$2,905 single**
- **Garden Room: \$2600/pp dbl, \$3420 single**
- **Ocean Room: \$2805/pp dbl, \$3825 single**
- *Some Ocean and Garden rooms have Futons, which can sleep a third person for \$1,325*



Activize. Energize. Revitalize.

BOOK NOW

QUESTIONS? Email us at info@sanchezstreetstudios.com

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Meet Your Teachers

- **Carol LeMaitre** loves to use the combination of classical Pilates and The MELT Method to help her students find power, agility and joy of movement at any age. Carol is the founder and head of Sanchez Street Studios.
- **Jackson Grantham** - is known as a calm, centered, creative teacher who will very kindly and skillfully kick your ass every time.



Daily Schedule Example

- 7:30-8:45am: MELT warm up and Pilates class
- 8:30-10am: Breakfast, swim, lounge, reading time
- Noon-1: Optional class
- 1:30-3pm: Lunch, swim, lounge, adventure, reading time
- 4:30-5:30pm: MELT class
- 5:30pm: Sunset Cocktails (no host bar)
- 6:30-8pm: Dinner

How to get there

Fly to Puerto Vallarta Airport (PVR), we arrange shuttles to and from the airport at no additional cost if your flight times fit within our window.

Plan to arrive and depart from the Puerto Vallarta airport between 2pm – 4pm for shuttle transportation. If your travel plans don't work within these timeframes, we can help you arrange private transportation (Estimated cost: \$65 – \$90 one way).

Optional Activities (additional costs may apply)

Las Cuevas Hike and Boat Trip; Snorkel at Isla Coral; Boating & fishing; Horseback riding; Surfing; Salsa lesson (the afternoon of the retreat center's Salsa Night); Whale Watching; Boat tour through a mangrove swamp full of exotic birds and wildlife; Altavista Hike: Visit the petroglyphs (rock carvings) of Altavista, thought to be around 2,000 years old; La Peñita (Traditional Mexican market): Visit a quaint Thursday morning market in a nearby town where you can find arts & crafts from various parts of Mexico; Nearby beach towns, each with its distinct flavor – Sayulita, San Pancho, Lo de Marcos; Private Spanish Classes (all levels); Visit our Organic Farm and Community Projects.



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