

ReBoot Retreat *for* Pilates Teachers

7 days to focus on caring for yourself so that you can continue to care for others.

Designed and taught by Carol LeMaitre, Pilates & MELT Educator and Studio Owner



April 20 - 27th, 2024

Take this week to unwind, clear some mental space, and visualize your path forward. The only decision you have to make is to join us and we will take it from there. Let us nurture you for a change.

Treat your body to some delicious MELT and Pilates Mat classes. You will be amazed by how strong and supple your body feels post MELT as we delve deeply into the Pilates Mat work .

This 7-day retreat will be at the magical Haramara Retreat Center in Sayulita, Mexico. Sign up now to secure your preferred room!

Included in your Retreat

- **8 days and 7 nights stay** at Haramara Retreat Center in either a single, double, triple or quadruple occupancy cabana, or a dormitory.
- **2 movement classes** per day.
- **Transportation** from Puerto Vallarta airport to and from the retreat center within prescribed hours.
- **3 delicious, organic, locally grown meals per day.** Vegan options available and most dietary restrictions can be met.
- Use of the Retreat Center's **private and secluded beach**, and **infinity edge pool**.and **hot tub**
- **MELT Tool kit** to take your new self care practice home

Optional Activities (at additional cost): spa treatments, whale watching, snorkeling, zipline, hiking, surfing, no host bar (Margaritas, anyone?)



- \$2150 dormitory (maximum 8 people per dorm)
- \$2950 triple occupancy
- \$3350, double occupancy
- \$3880 single occupancy

*All prices are per person
Can be split into 3 easy payments*



Activize. Energize. Revitalize.

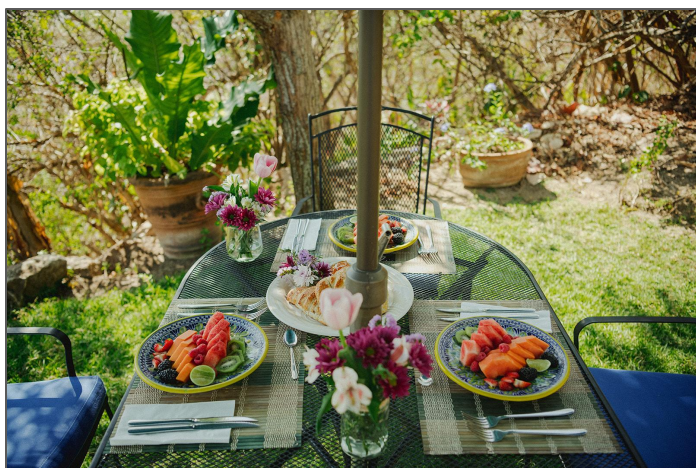


16 NPCP CECs
awarded at
completion of retreat!

BOOK NOW

QUESTIONS? Email us at info@sanchezstreetstudios.com

ReBoot Retreat *for* Pilates Teachers



Retreat Schedule

- 7:30-8:45am: MELT warm up and Pilates class
- 8:30-10am: Breakfast
- 10am-1:30pm Swim, lounge, reading time
- 1:30-3pm: Lunch
- 2:30-4:30pm Walk on the beach? massage?
- 4:30-5:30pm: Stretchy Pilates class and MELT
- 5:30pm: Sunset Cocktails (no host bar)
- 6:30-8pm: Dinner

What is MELT?

MELT is a self treatment technique designed to mimic the effects of bodywork. It is the perfect way to release stuck stress, rebalance the nervous system and reduce the negative effects of aging. MELT NeuroStrength takes it to the next level, helping to create more efficient neural pathways.

About Haramara

Described as the place "where Robinson Crusoe meets Architectural Digest" .. Scattered across beautiful tropical hillsides, each open-air cabana is made of all natural materials, and features only oil lamps and candles (no electricity). You will sleep to the sound of the surf. Your culinary experience is unparalleled; who knew that healthy, fresh food could be this beautiful and delicious? And don't miss out on spending a little extra for the exceptional massage therapists onsite—you won't regret it.

Getting There

Fly to Puerto Vallarta Airport (PVR)--airfare not included in the retreat fee..

Plan to arrive and depart from PVR between 2pm – 4pm and shuttles to and from the airport are offered at no additional cost. If your travel plans don't work within these time windows, we can help you arrange private transportation to/from Haramara (estimated cost: \$65 – \$90 one way).



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