

Power Your Practice 2027

PILATES + MELT RETREAT with Carol LeMaitre

Plus Guest Teacher Jackson Grantham!

at Mar De Jade Retreat Center in Chacala, Mexico



January 30 - February 6, 2027

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 deliciously healthy, and daily Pilates and MELT classes rejuvenate you. The Power Your Practice 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.

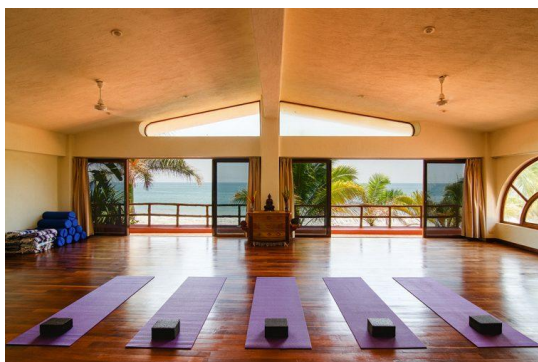
"It was a blast! I felt stronger, more aligned and renewed in just a week! Carol and Jackson are skilled at leading a group with a wide range of experience."

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
- **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

Pricing (per person)

- **Dormitory: \$2300**
- **Guest Room: \$2,600/pp dbl, \$3250 single**
- **Garden Room: \$2900/pp dbl, \$3800single**
- **Ocean Room: \$3300pp dbl, \$4350single**
- *Some Ocean and Garden rooms have Futons, which can sleep a third person (pricing based on the specific room)*



Activize. Energize. Revitalize.

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
- 12 - 1pm: Optional Pilates 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 (fare not included in the retreat fee). Plan to arrive and depart from the Puerto Vallarta airport between 2pm – 4pm for shuttle transportation. (Estimated cost: \$35– \$40 one way). If your travel plans don't work within these timeframes, we can help you arrange private transportation (Estimated cost: \$65 – \$100 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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