



Caribbean Retreat – Riviera Maya, Mexico April 28th to May 4th 2012

About the retreat

Join Miranda and the Classical Stretch team for a fitness holiday! Get in shape while having a wonderful vacation at one of the highest rated Resorts in The Riviera Maya Mexico. Over a six day period, you will take 12 intense Classical Stretch classes guaranteed to get you into shape, improve your posture, help relieve chronic pain, improve your over all flexibility, and slenderize your body overall. The perfect combination of health, relaxation and personal time: participants range from couples and singles of all ages and levels of fitness. The happy memory of this vacation will stay with you all your life.

You'll stay in the luxurious all-inclusive Iberostar Resorts where Miranda films her Classical Stretch PBS series and participate in two daily classes taught by Miranda. The classes are followed by relaxed discussions at the cappuccino lounge with a glass of champagne or your favorite beverage.

Schedule: 6-night itinerary

- 8:00-9:00 Classical Stretch Class
- 9:00- Group breakfast optional but fun!*
- 5:00pm - 6:00 Classical Stretch Class
- 7:30pm Supper (2 group suppers and all others optional)
- 9:00pm - Nightly show and entertainment optional

Your 7 day fitness holiday includes:

- Daily classes with Miranda
- 6 Nights at All-Inclusive 5* Iberostar Resort
- Seminars on health, fitness and anatomy

Price:

Single: \$1600 CAD & USD per person

Double: \$2700 (\$1350 CAD & USD per person)

Price does not include airfare and transfers

*Breakfast open from 7:00 to 10:30, you can eat before or after the morning class

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Please Mail Fax or Email your booking form and payment to:
The Esmonde Technique 3437 Stanley, suite 100, Montreal Qc, Canada H3A 1R8
or fax: 1-866-576-3128 or at retreats@classicalstretch.com

Personal Information

Name:

Address:

City: Prov. / state: Country: Postal / zip code:

Telephone day: Evening: Email:

Fitness Level: Beginner Intermediate Advanced

Please mention any relevant medical history (eg. heart or respiratory problems, blood pressure, arthritis, back or neck problems, pregnancy, any serious injuries in the past - whether fully healed or not etc).

Other Participant Name:

Fitness Level: Beginner Intermediate Advanced

Please mention any relevant medical history (eg. heart or respiratory problems, blood pressure, arthritis, back or neck problems, pregnancy, any serious injuries in the past - whether fully healed or not etc).

Payment

Payment method: Visa MasterCard Check –Send deposit and postdated check

Credit card #:

Name on credit card: _____ Expiration: _____ CSC #: 3 Digit Card Security Code

Billing address if different:

City: _____ Prov. / state: _____ Country: _____ Postal / zip code: _____

Signature: _____

I hereby authorize The Esmonde Technique to charge the above credit card in the amount of:

Single Occupancy

\$1600 CAD or USD

Double Occupancy

\$2700 (\$1350 CAD or USD per person)

Check if you require two beds

A deposit of \$800 in single occupancy and \$675 per person in double occupancy will be taken upon registration and the remaining balance will be charged on April 1st 2012

Disclaimer and other policies: I understand that I participate in all classes entirely at my own risk and any loss, damage; injury or any other mishap will not be the responsibility of the class organizer or teacher. (If you are in doubt as to the suitability of the class to your medical condition, please consult your doctor).

Cancellation Policy: You can cancel up to 2 weeks prior to the event and get a refund minus a - 150\$ administrative fee per person.

You are responsible for booking your own flights and transportation to and from the Spa. We therefore recommend that you request cancellation insurance when booking your flights.

In the very unlikely event that a retreat is cancelled (ex. due to illness), we will give a full refund of payment.

Signature: _____

Date: _____

This retreat is offered by

Classical Stretch - The Esmonde Technique | 3437 Stanley, Suite 100 Montreal, Qc H3A 1S2
retreats@classicalstretch.com | www.classicalstretch.com | Tel: 514-989-0236