



Spa Retreat - Spa Eastman July 21st to July 27th 2012

About the retreat This retreat is intended to recharge your batteries with live classes, fresh air, exercise, massages and relaxation. You will go home feeling energized, healthier, relaxed and ready for your next life adventure. This intimate spa is nestled in the mountains far away from city lights and pollution.

You will enjoy breathing crisp fresh air and experiencing the sounds of nature with birds singing and the wind whistling gently through the trees. The nighttime sky is clear and black where you can see the magnificence of our solar system. The spa owner takes visitors on an evening walk through the forest where we get to experience the darkness of a country night.

Schedule This fitness holiday will start with a delicious breakfast and optional walk through the forest. Class with Miranda is from 10:00 to 12:00 followed by lunch. The afternoon is the time for massages and spa treatments, followed by dinner, an evening walk and relaxation.

Meals Guest can chose from a variety of meals all prepared with high-quality products – fresh organic produce, complete stone-ground flours, maple syrup and honey as sweeteners. Spa Eastman’s cuisine is suitable to all diets, from the strictly curative diet to the lavish gourmet. Vegetarian, raw food and blood type adapted diets are available.

Your 7 day fitness holiday includes:

- 6 nights at the Spa Eastman
- A daily 2 hour class with Miranda
- 3 daily meals and snacks
- One workshop with Miranda
- Use of the entire spa facilities

Price:

Single: \$2100.00 CAD*

Double: \$3650 CAD(\$1825pp)*

5% GST and 9.5% PST taxes are included

**Spa service will be paid directly to the spa.*

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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 1S2
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: I will pay online, we will send you a payment request Visa MasterCard 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

\$2100 CAD

Double Occupancy

\$3650 CAD (1825 per person)

A deposit of \$1100CAD for single occupancy or \$912.50 CAD per person will be charged upon reception of this registration form and the remaining balance will be charged on July 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 48hrs prior travel and get a refund - 150\$ administrative fee per person

You are responsible for booking your own flights. 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

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