



*Rejuvenate at the Pilates + Vacation™ Retreat
at the Villa Ribeira do Banho in the beautiful Algarve, Portugal!*

with Jennifer Stacey, M.S.

July 18 - 25, 2014

Come join Jennifer Stacey, M.S. at the luxurious Villa Ribeira do Banho in beautiful Algarve, Portugal. It is located only 20 minutes from both the south and west coast - smooth sands and seaside resorts of the south coast and the cliffs and Moorish and Roman fishing villages of the wild Atlantic coast. The villa and its wonderful gardens and views of the hills and the ocean is located at the foot of the Monchique Mountains close to the idyllic Roman village Caldas de Monchique, known for its medicinal springs and health resort. South Portugal has over 60 golf courses with stunning views.

Enjoy the wonders of Pilates in depth with Jennifer Stacey, M.S., internationally renowned 2nd generation Pilates teacher, exercise physiologist/biomechanist, author, CPT-PMA. Bring your questions! The rest of the day is for swimming, relaxing, playing golf, or exploring the region on foot or by car. Visit the beaches and small towns, take a boat tour to snorkel and look for dolphins, or a treatment at the Roman spa. You can explore with the group or on your own.

What is included in the Pilates + Vacation™ Retreat package?

The Fee: 1360 euros prior to April 15 (1460 after April 15).

7 nights, 8 days accommodation.

All meals, beverages and wine that are served at the house.

Delicious meals designed specifically from the requests of the guests.

Use of the Villa, the swimming pool and its grounds.

2 hour daily Pilates' class for 5 days, 10 hours total.

3 hour workshop.

Optional extras (not included in fee):

Pilates' Private/duet/trio sessions. Cooking lesson. Tours. Golf.



We welcome Partners of Pilates' participants who do or do not participate in Pilates (a discount is provided to those who do not participate in the Pilates' classes and workshop).

A review of the 2013 Pilates + Vacation™ Retreat: "The Retreat at the beautiful Villa Camparone was fantastic; the villa, your classes, Gotz, the nice people, everything was perfect." CK

Sign up early! Space is limited. The previous Pilates + Vacation™ Retreats have been sold out with a waitlist
info@peakperformancepilates.com. peakperformancepilates.com/retreats/