



*Rejuvenate in the beautiful
Dordogne region of France
this summer!*

Pilates + Vacation

with **Jennifer Stacey, M.S.**
Exercise Physiologist, Second Generation
Pilates Teacher, Author

June 30 - July 7, 2012

Come join Jennifer Stacey, M.S. at this lovely farmhouse located in what is considered one of the most beautiful regions of France, the Perigord Noir, an area of steep green hills and magnificent rivers. It is 7 km from Villefranche du Perigord, 1 hour from Bergerac, and 50 km from Sarlat and it's famous markets. The area is renowned for its picturesque walled villages and markets, medieval chateaux and churches, hilltop castles, spectacular prehistoric caves, kayaking, canoeing and bicycling. The gastronomic delights are foie gras, walnuts, truffles and wine.

Enjoy the wonders of Pilates in depth with internationally renowned 2nd generation Pilates teacher, Jennifer Stacey, M.S. Bring your questions! The rest of the day is for swimming, relaxing, playing petanque or ping pong, or exploring the region by bicycle, kayak, canoe or car. You can investigate the prehistoric caves which have stunning hieroglyphics, stalagmites, and stalactites. Or the markets of the local towns. You can explore the area with the group or on your own.

What is included in the Pilates + Vacation package?

The Fee: 1200 euros (1300 euros after May 1)

7 nights, 8 days accommodation.

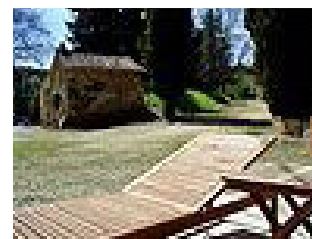
All meals, beverages and wine that are served at the house.

Delicious meals are designed specifically from the requests of the guests.

Use of the farmhouse, the swimming pool, petanque, ping pong.

2 hour daily Pilates' class for 5 days.

3 hour Pilates workshop. Pilates apparatus might be available.



Optional extras (not included in fee):

Pilates' Private/duet/trio sessions upon request. Attend an apparatus session at a Pilates Studio in Bergerac for a small fee. Bodywork or massage. Cooking lesson. Bicycle, Kayak or Canoe Rentals. Separate arrangements for partners of Pilates' devotees who cannot attend classes.

For information: info@peakperformancepilates.com. peakperformancepilates.com/retreats/