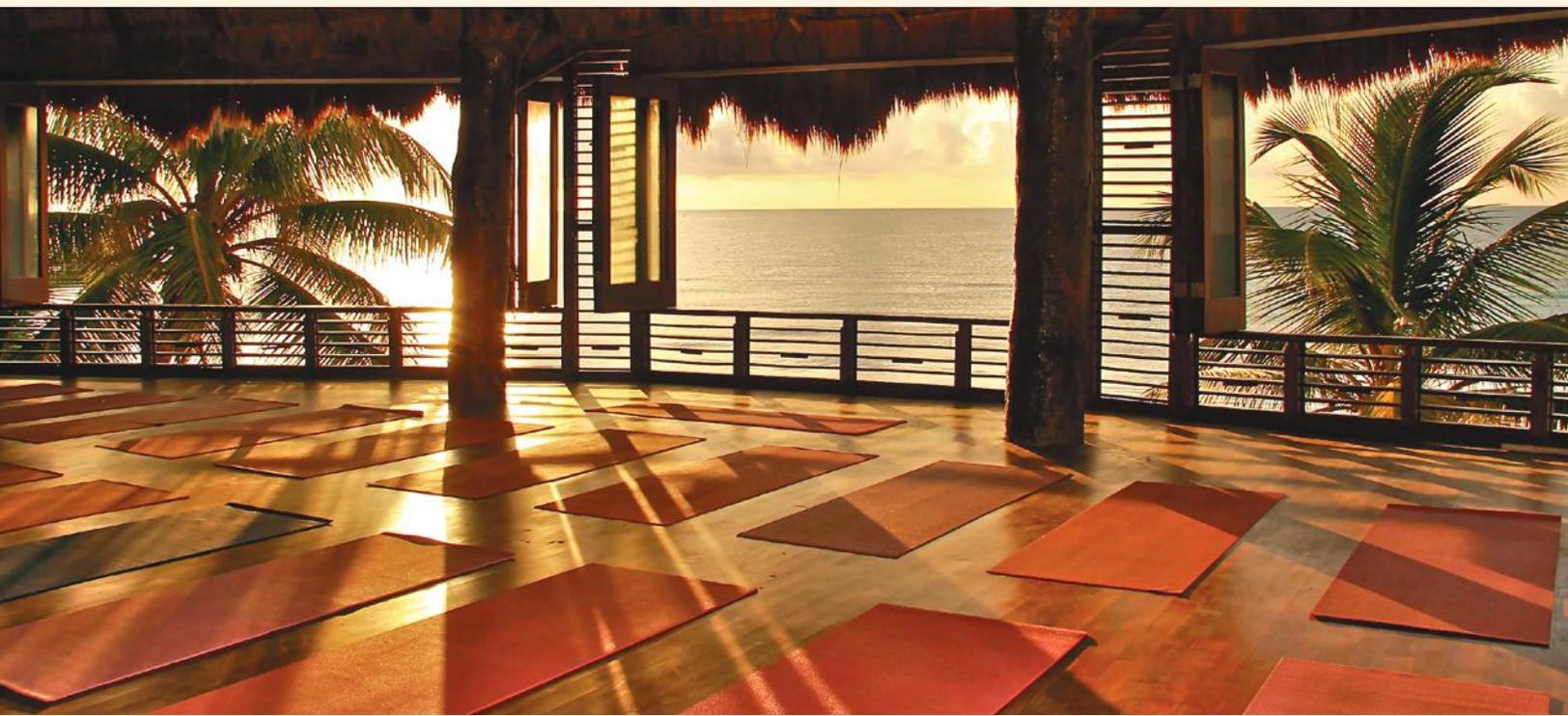


amansala

ECO-CHIC RESORT + SPA : TULUM, MEXICO

Join Nancy Anderson January 9th - 15th 2017



Join me for a warm week that will open your heart, body, mind and spirit. Relax, renew and rejuvenate.

You're invited...

about me... Teacher/Student/Coach/Pilates/Yogi/Writer/Dreamer

This will be something like my 15th retreat and I'd love to share it with you! Tulum is a magical place and a great place to spend a week in January! I've studied movement and the human behavior my entire life. I could tell you all about the certifications I have and the many years I've studied different exercise and coaching techniques, blah, blah, blah.... But I'm not going to bore you with that. Here is what I will tell you... As I learn to live more consciously and be a better human being in this crazy world, I am able to bring more joy to those around me. I know that as we learn how to move and walk with awareness, we enjoy greater range of motion and freedom of movement. And we have fewer aches and pains. I love the strength and power of classical Pilates and the spiritual connection I get from Bhakti Yoga. I also know that awakening the body, mind and spirit begins with our breath.



One of my amazing teachers said this:
"Big breath = big life. Little breath = little life."

This week we "lean back" a little and enjoy all that this life has to offer. Let's get together for a week in Mexico to move, breathe, get some sunshine and have some fun!

FREQUENTLY ASKED QUESTIONS



Q: what if I've never done pilates or yoga?

This is your chance to learn something new! All levels of yogis and pilates practitioners invited!

Q: what's included?

- Three healthy, beautiful meals daily (one meal off campus)
- 10 classes / workshops
- Accommodations (shared unless stated)
- Gratuities at \$13 a day (you may always leave more)

Q: what's not included?

- Airfare
- Transfer to and from the Cancun airport, Cancun Mexico
- Spa treatments
- Surf board rental
- Day trips
- Libations
- Travelers insurance is recommended



Pricing...

COST: (includes gratuity and 13% Mexican Tax)

Super Beach front toes in the sand Deluxe Private \$3100

Private Semi Seaview \$2800

Double Semi Seaview \$2200

Triple Semi seaview \$1950

“I look forward to this week all year!” **Karen**

“I flew back home a different person. I’ve never been so relaxed my entire life.” **Julie**

“Amansala is pure magic”. **Claire**



How to sign up...

The first 1/2 payment due with your completed registration.
Final payment due no later then November 15th 2016

Please send a check to :

Nancy Anderson
3208 Irving Avenue South
Minneapolis 55408

or contact me directly for paypal or venmo directions at
Nancy@centerspacepilates.com

Name _____

Phone _____

Email _____

Address _____

Emergency Contact _____

Relationship to you _____

Phone _____

Retreat you are attending _____

Price option _____

Pilates & yoga experience _____

Health or nutrition considerations _____

What are you expectations for this week in paradise? _____

Please initial & sign below:

____ I understand that I am responsible for trip insurance and that there are **NO REFUNDS** once I have committed to this retreat. I am responsible for my own safety and health.

____ I release Centerspace Pilates, Sweat Systems Inc. & it's owners, employees, agents and will hold them harmless from any and all liability arising out of any personal injuries or damages, foreseeable or unforeseeable, which may occur as a result of my participation in any class or program or activity sponsored by SSI or CSP. I hereby declare myself physically and mentally sound & capable of participation in those activities, programs & classes.

Sign _____ Date _____