

COREBODY GETAWAY 2011

Pilates, Yoga & Cooking in Andalucía and Barcelona



What's Included:

- 6 nights at charming El Molino, a lovingly restored mill located in the Andalucian countryside approx one hour north of Malaga.
- Freshly prepared organic meals, water & wine while at the Mill (with exception of 1 lunch in Ronda, 1 dinner in Cordoba)
- Pilates and yoga poolside in Spain
- Cooking lessons with professional chef Mike
3 hands-on classes, two demonstrations, lots of fun!
- Full day trip to Ronda
- Day trip to Baena, with visit to olive oil mill
- Afternoon trip to Cordoba
- Visit to Tapia to experience an authentic off-the-tourist route street market.
- One winery visit
- Free time to lounge by the pool or trek through the pathways to the local pub
- Return transfer Malaga airport-El Molino at specified times
- Internal airfare Malaga to Barcelona
- 6 nights in a 3* hotel in central Barcelona, with breakfast daily
- Arrival transfer in Barcelona
- Arrival orientation tour in Barcelona
- Half day walking tour in one of the Barcelona neighborhoods (TBD)
- 3 pilates reformer sessions in Barcelona (studio visits)
- Lot of free time in Barcelona, with Steph and Paula available to help organize your time or provide company
- Farewell dinner in Barcelona
- Fully escorted by Stephanie Roberts and Paula Hoover



What's Not:

- International airfare - Travel Concepts will assist
- Departure transfer in Barcelona (we anticipate that some people will be staying on)
- In Spain: One lunch in Ronda, and one dinner in Cordoba (est Euro 75 total for both)
- In Barcelona: Lunch and dinner daily, with exception of farewell dinner
- Cancellation & out of country medical insurance



May 07 - 19, 2011

Price CAD 5380.00

Deposit CAD 1500 per person at time of booking
 Second payment CAD 1500 due January 10, 2011
 Full payment CAD 2380 due March 7, 2011
 Please note - All payments are non-refundable



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