



PILATES & SURFING

with Alisa Wyatt

January 18-24, 2008

with surf instructors Kate & Murilo

Retreat details. . . .

There’s a reason top athletes and celebrities credit Pilates for keeping their skills honed and bellies toned—it works! Don’t miss this opportunity to train with Pilates expert, Alisa Wyatt, at this groundbreaking Pilates and Surfing retreat. Pilates is well-loved for the core-power and lean, catlike control that it develops, and what better skills to have when learning to surf? Alisa’s energetic classes are taught with a fresh, fun, creative bend and it’s her goal that what you gain doing Pilates translates to your everyday life. Morning sessions (all levels welcome!) will fire up your center and give you the courage to hop on a surfboard and have a blast your first time out. After fun in the sun, surf lessons and relaxing, your day ends with a meditative stretch session that promises to soothe the psyche and lengthen sore muscles.

About Alisa (Pilates instructor). . . .

Alisa has been teaching since 1999 when she left her high-powered publishing job to spread her passion for Pilates. A former dancer who was classically trained by Joseph Pilates’ protégé, Alisa is a Gold-Certified member of the Pilates Method Alliance and also the co-creator and presenter of Pilates for Men, a DVD training program geared for athletes and civilians alike. A self-described movement junkie, Alisa explores any movement modality she can find the time for when she’s not dancing, trekking or surfing. In addition to teaching at retreats and conferences internationally, Alisa trains clients at her private studio in New York, and is a star instructor at Equinox Fitness Clubs in Manhattan.

Rates. . . .

Payment Type	Double Deluxe	Double Premium	Single Deluxe	Single Premium
General Rate	\$2395	\$2695	\$3095	\$3495
90-day prepay discount	\$2195	\$2495	\$2995	\$3295

All rates are per person and do not include airfare.

More Info. . . .

Visit our website for complete details. www.viayoga.com