



## Pilates Props Weekend

### A Weekend Pilates Retreat with Lynda Lippin

11th to 15th March 2010

World class Pilates teacher Lynda Lippin will be leading a weekend Pilates Retreat at COMO Shambhala Retreat at Parrot Cay with a choice of a three- or four-night package option. This unique private island in the Turks and Caicos is now considered among the world's leading destinations for wellness.

Parrot Cay is well suited to clients wishing to address fundamental issues of health and balance. The environment is truly serene: a mile-long stretch of sand, a dedicated Pilates Studio aired by the trade winds, and private, spacious accommodation to help you take your

mind off all thoughts except those of health and relaxation.

Daily group sessions on 12th and 13th March will focus on specific Pilates props that can add both resistance and assistance to the traditional Pilates mat exercises. The large exercise ball, small ball, foam roller, band, and the Pilates magic circle will each be highlighted over the weekend.

While sessions will include some minimal discussion, this weekend will be primarily about experiencing the flow and power of Pilates mat exercise with props.

#### INCLUSIONS:

- Three- or four-night accommodation
- Arrival Thursday with welcome dinner
- Five hours per day of Mat Pilates (12th and 13th March 2010)
- Four-night package option includes a 60 min Pilates private session or a relaxing COMO Shambhala massage
- Full American breakfast, lunch and dinner daily (beverages not included)
- Round-trip airport transfers (for commercially scheduled flights only)

Costs from \$3,236 per person (single occupancy) for a three-night or \$4,255 per person (single occupancy) for four-night package including tax and service charge.

For more information and to make a reservation, please contact

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#### Lynda Lippin

Lynda has been based at Parrot Cay since 2007 as COMO Shambhala Retreat's Resident Pilates instructor. Widely respected for her nurturing style, she has been practicing and teaching Pilates for over 20 years.

She owned and operated awardwinning Pilates studios in the US and trains Pilates teachers for the Pilates PhysicalMind Institute®. She is also an accomplished fitness trainer, certified by the American Council of Exercise®.