

AERIAL DANCE RETREAT

IN PARADISE

WITH
ANA PRADA

NOVEMBER 27TH TO DEC. 4TH 2010
MONTEZUMA, COSTA RICA

COME TO PARADISE TO PLAY, RELAX, CONNECT WITH NATURE AND GET IN SHAPE WITH AERIAL DANCER, PILATES AND YOGA INSTRUCTOR ANA PRADA.

GET INTRODUCED TO AERIAL DANCE OR IMPROVE YOUR TECHNIQUE, USING YOGA AND PILATES TO PREPARE THE BODY AND FLY!

THE WORKSHOP WILL TAKE PLACE, IN THE MOST BEAUTIFUL SETTING, ANAMAYA, BODY MIND AND SPIRIT RESORT, LOCATED IN MONTEZUMA, COSTA RICA. AN ACTIVE RETREAT IN A RELAXED, FRIENDLY ENVIRONMENT FOCUSING ON DISCOVERING THE SILK BEING IN THE AIR AND PLAYING WHILE GETTING A WORKOUT.

YOU WILL LEAVE INSPIRED AND ENERGIZED!!

Nov. 27TH TO DEC 4TH 2010

WWW.ANA-PRADA.COM

WWW.ANAMAYARESORT.COM

\$1195 PRICE INCLUDES:

SHARED ACCOMMODATION, 3 DELICIOUS ORGANIC MEALS, FULL USE OF THE FACILITIES AND ALL CLASSES.

FOR MORE INFORMATION:

CONTACT ANA PRADA
AT INFO@ANA-PRADA.COM

