

Pilates / Yoga Retreat in Dominica May 09 to 15, 2010



Come to Dominica and enjoy a week of Pilates and Yoga body work, meditation and relaxation for mind and spirit, little adventure in the wonderful rainforest of Dominica, snorkelling trip to champagne beach, a free spa treatment, nutrition workshops, pure fun and much more.

Get ready for the summer!



Stay at the
Jungle Bay Resort & Spa
in Dominica



Space is limited; reserve now!



Contact:
Petra Rakebrandt
Route de la Toubana
97180 Sainte Anne
Guadeloupe, F.W.I
www.PetraRakebrandt.com
p.rakebrandt@gmail.com
Phone +590 (0)6.90.91.22.50



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Your 6 nights stay includes:

- ✓ transfer from the port to Jungle Bay and back
- ✓ accommodation in private jungle cottages (1 king-size or 2 full-size beds)
- ✓ 7 breakfasts
- ✓ 7 lunches and fresh fruit juices
- ✓ 1 welcome dinner on the first night of your stay
- ✓ daily Pilates & Yoga Classes (1 ½ h. mornings & afternoons)
- ✓ 2 Nutrition workshops
- ✓ 1 half-hour massage
- ✓ 3 excursions: a hike to the Victoria Falls, snorkeling at Champagne Beach & a hike to Boiling Lake or Ocean Kayaking with snorkeling



Price per person (double cottage) Euro 940 / \$1270 US dollars
Price per person (single cottage) Euro 1195 / \$1605 US dollars

Petra was born in Germany and is living mostly on Guadeloupe (since 2007), but travelling a lot to NYC. After many years in the engineering business she decided to become a Personal Trainer, Pilates and Yoga Instructor. She also graduated with the Institute of Integrated Nutrition in NYC to become a Health Coach, to fulfil her passion of working with people to improve their health and family life. She likes working in a holistic way, that's why she expanded her experience as a Reiki Master.



She is certified by the American Association of Drugless Practitioners, leads workshops on nutrition, and offers individual health and nutrition coaching to women and men. Petra received her Yoga Alliance Certificate with Atmananda Yoga in NYC, Pilates Certificate for Mat and Reformer with Stott in NYC and LA, where she also gained profound knowledge in Anatomy. She teaches groups and private clients in Pilates and Yoga.



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