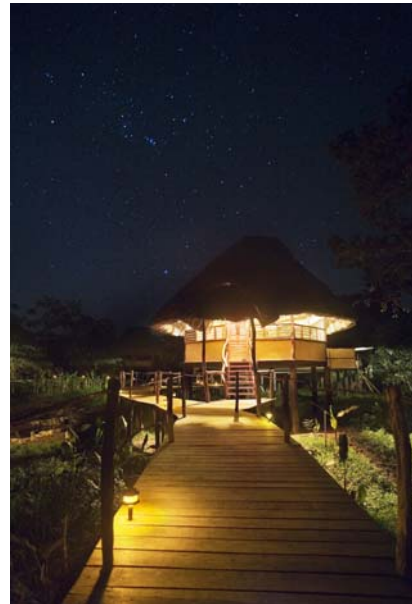


PILATES AND CHOCOLATE RETREAT IN BELIZE

MARCH 15-21, 2009

THE COTTON TREE LODGE
PUNTA GORDA, BELIZE

This ALL-INCLUSIVE Belize resort is nestled between the river and rainforest beneath a towering cottonwood tree. Stay in private cabanas and awaken to the song of exotic birdlife and the roar of monkeys in the distance. Start your day with fresh tropical fruit from our orchard or sample the chocolate we make from the cocoa we grow. Our all inclusive Belize resort features horseback riding, kayaking and tours of the Belize rainforest.



TRIP DETAILS:

Join Kathleen as she takes you on a **rainforest extravaganza of 6 days of Pilates**...outside, near the falls!

Then we will take trips to **Eladio's Cacao Farm, Lubaatun or Nim Li Punit Mayan Ruin, and Blue Creek Cave.**

We will experience **Chocolate Making Workshops** and a **Medicinal plant walk** around the property.



And PLENTY of free time for exploring! You can also, kayak, swim, hike, bike, or horseback ride. All of these activities are available on the grounds.

All- Inclusive Retreat includes domestic flights from Belize City to Punta Gorda Airport, accommodations (spacious cabanas,) breakfast, lunch, appetizers and dinner. Massages are available for \$60 an hour.

The Cotton Tree Lodge, Punta Gorda Belize
\$1334 per person (double occupancy) Cabanas
(International airfare booked separately)

RESERVATIONS/DEPOSITS MUST BE MADE BY NOVEMBER 15, 2008

Please email Kathleen@pagninipilates.com or call 602-740-6121 for reservations.