



## **2018 Core Retreat - Cusco, Peru**

September 29, 2018 - October 6, 2018

### **PILATES IN SOUTH AMERICA**

Through past Retreats, guests have jumped in the Mediterranean Sea, stood amongst 1,000+ year old historical ruins, ventured inside a glacier, and walked behind a 200 foot waterfall - just to name a few. Core Pilates is excited to continue it's Core Retreat experience with it's next stop in Cusco, Peru, a World Heritage Site, and will continue it's tradition with a once-in-a-lifetime excursion to Machu Picchu - one of the Seven Wonders of the Modern World.

Core Retreat aims to continue its perfect balance of Pilates workouts, cultural exploration and relaxation to help create a well rounded individual both physically and mentally. We can promise a unique experience that will have you walking away feeling good about yourself and a smile on your face as we choose locations that provide unique cultural and natural opportunities for memorable excursions, as well as lasting stories and friendships you will bring home.

### **PILATES CLASSES**

Core Retreats not only aim to provide spectacular locations around the world for people to explore, but top of the line Pilates instruction as well. Each day provides an invigorating morning Pilates session, as well as a fascial release evening session focused on relaxation and flexibility to wind down each day. All classes will be taught by Katie Girardi, Master Pilates Instructor who has over 15 years of Pilates experience. Katie teaches classes specifically designed to allow her students more freedom of movement as well as education on how to move the body more efficiently.

### **MASTER PILATES INSTRUCTOR - KATIE GIRARDI**

As one of the area's preeminent Pilates Instructors, Katie is a fully certified Master Pilates instructor in both Pilates Mat classes and classes on Pilates equipment. She received her training through the Physical Mind Institute, and was taught by some of the industry's top experts at the Movements A Foot studio in New York City and Fusion Pilates in Asheville.

Katie opened Core Pilates as a partner in 2007, when the studio comprised of only 1200 square feet and no street frontage. Celebrating a decade in business this year, Katie and the Core Team continue to evolve their Core Retreats which promote active, healthy living while giving clients the chance to visit spectacular locations and receive the same, industry leading instruction as they would in the Core Pilates studio.

### **INCLUDED IN OUR PERU CORE RETREAT**

- Three nights in Miraflores Colon Hotel in Miraflores district of Lima.
- Four nights in the Novotel Cusco hotel in the Historical Center of Cusco.
- Daily breakfast included at hotel.
- Two daily Pilates sessions\*.
- Machu Picchu Excursion: Located high up in the Andes Mountains in the Sacred Valley, it is one of the Seven Wonders of the Modern World. This excursion will include bus transportation from our hotel to local train station, luxury train ride on the one-of-a-kind Belmond Hiram Bingham train to Machu Picchu station, along with a tour of the ruins and meals on the train. This is an all day excursion (3 ½ hour train ride each way).

- Sacsayhuaman and the Temple of Sun Tour: This tour visits several sites amongst Cusco including Sacsayhuaman, the sites of Qenqo, Puca Pucara and Tambomachay, the Temple of the Sun, an important Inca religious site dedicated to their sun god and the Cathedral of Santo Domingo on Cusco's Plaza de Arma. This is an afternoon tour.
- Private group transport to and from Alejandro Velasco Astete International Airport in Cusco.

#### **EXCLUDED IN OUR PERU CORE RETREAT**

- Flights to and from Cusco, Peru (via Lima International Airport)
- Any shopping you wish to do during your stay
- Lunches and dinners (except for inclusive meals on Machu Picchu train)
- Additional excursions and gratuities

#### **HELPFUL INFORMATION**

DOUBLE ROOM: \$2,500 USD (double occupancy)

ALUMNI DOUBLE ROOM: \$2,300 USD (double occupancy)

SINGLE ROOM: \$4,500 USD (not available at discount rate)

ALTITUDE SICKNESS - you will feel effects of this as soon as you get off the plane in Cusco, please prepare and take any precautions you may need for it. You will acclimate as the stay goes on, but it will affect everyone differently.

#### **ARRIVING TO PERU**

Our property is approximately 25 minutes from Alejandro Velasco Astete International Airport in Cusco. Transportation will be provided to and from the airport.

#### **DEPOSIT (\$600)**

To reserve your spot on our Peru Core Retreat, please make a \$600 deposit. The deposit is non-refundable – however should you cancel your reservation 90 days or more before the start of the retreat, you may apply your deposit toward another Core Retreat occurring within 12 months from the date of the initial retreat that you registered for.

#### **\* FULL PAYMENT (DUE JULY 1, 2018) \***

After you pay your reserve deposit, you will be emailed an invoice from Core Pilates (retreat@workthatcore.com) for the remaining balance of the trip. Since we will be staying at a hotel, payment is required further in advance. As a result, the final balance is due 90 days before the trip date.



*\*Depending on excursions, a morning session could be replaced by an extended evening session, or vice-versa.*