

TRAVEL TO MEXICO !!!

Flight to Cancun : from 700EUR to 1000EUR per person, depending the dates. Have a look at <https://www.google.fr/flights/>

AND WELCOME IN TULUM !!!







OFFER 1 : Bikini Bootcamp Tulum AMANSALA

4 stars

Dates : from 21-27 October 2016 or from 31.10.- 06.11.2016

What'including :

- all meals which are delicious and healthy (exception of one offsite dinner)
- accommodations
- 2 massages each
- daily yoga (most days two classes)
- daily fitness
- morning walks with workouts
- 3 tours to see highlights of the areas
- a Mayan clay treatment
- a variety of fun classes and activities

Days are a combination of moving ones body, healthy eating, relaxing and exploring. Each day begins with journal writing followed by a stretch on the beach and a one hour power walk, and then varies from there to include a high energy cardio workout, some sort of sculpt, yoga, as well as other activities that may include an inspiring salsa, African or belly dance class, an insightful meditation session or an informative presentation on the local culture, area or nutrition.

Participation in everything is not mandatory but we schedule the day making it flow easily with a good amount of time set aside to enjoy the beach, read, walk or just do nothing

A typical day at Amansala offers enough structure to keep you busy, but not so much that you can't relax with a book, work on your tan, or just relax in a hammock for a few hours. It is the perfect blend of having a purpose on your holiday but also having time to just relax and enjoy.

The standard camp is 6 days which are a combination of beach walks, fitness classes, yoga, pampering, healthy eating and time to relax on the beautiful white sandy beach.

- Accommodations
- All meals which are delicious & healthy except for ONE dinner so you can experience a bit of local style and flavor
- Daily morning beach walks & workouts
- A variety of fitness classes
- Tours to see the highlights of the area
- 2 spa services
- A Mayan clay treatment
- Plus many other fun activities to send you home looking & feeling better.

DAY 1

6:45 **Morning pages** (journal writing)

7:00 **Beach Walk**

8:00 **Yoga**

9:00 **Breakfast**

10:00 **Bike Tour**

To Tulum ruins or a freshwater swimming hole

12:30 **Lunch**

1:00 Free Time & **Spa** Services

4:30 Power **Abs**

4:30 African **dance**

5:30 Restorative **Yoga**

7:30 **Dinner**

8:30 Tribal **Drumming** Lesson

DAY 2

6:45 **Morning Pages**

7:00 Morning **Walk**

8:00 **Beach Body Sculpt**

8:30 **Breakfast**

10:00 **Vinyassa Flow**

12:30 **Lunch**

1:30 **Free time**

Beach, massages, kayak, volleyball

4:30 **Circuit Training**

5:30 **Salsa or Bellydance**

7:30 **Dinner**

8:30 **Live Music**



DAY 3

6:45 **Morning Pages**

7:00 Silent **Beach Walk**

8:00 **Breakfast**

9:30 **Bike Tour** to the Nature Reserve and Kayak

1:00 **Lunch**

2:00 **Free Time** & Spa Services

4:30 Body Tone and **Sculpt**

5:30 **Yoga**

7:30 **Dinner**

8:30 **Creative Writing**



PRICES

Sea view : USD 2625 per person + 19% taxes

Garden view : USD 2475 per person + 19% taxes

Total : USD 3177 per person incl. taxes for a sea view

Total : USD 2995.- per person incl. taxes for a garden view

*NEW... BIKINI BOOTCAMP BUDGET

On a tight budget but still want to come, we have the option to stay at our pueblo location and do the same great program but sleep off the beach. Accommodations are comfortable, modern rooms but in town. Guest are provided with a bycycle to make the 15 minute ride between the beach location and the town as well as a shuttle running throughout the day.

Participants who stay in town are provided with a changing area at Amansala where they would start the day with everyone else, participating in all the activities, meals, classes, tours, but sleep in town.

All prices listed are subject to a 19% tax and 2% service.

USD 1875 per person, shared room

At Pueblo

OFFER 2 : MAYA TULUM HOTEL & SPA

3* superior

7 nights Mind+body+Spirit package / Adventure Week

Mind+body+spirit guests can enjoy two yoga classes every day

2 Eco Adventures

3 healthy meals

2 bodywork treatments

Transfers from airport







PRICES

\$1,696 per person in a Ocean view deluxe (stay until 28.10)

\$1,933 per person in a Ocean view deluxe (stay from 29.10-16.12)

Prices are subject to change until a definitive booking from your part.

Séverine