

Mexico Mind-Body Retreat 2011

Tell your friends, families and co-workers about it and get **\$75 off for each referral!**

Get out of the bitter cold of winter and feel the bliss in the warmth of the Caribbean! We're going to Mexico January 15-22, 2011 for our annual mind-body retreat.



- Participate in yoga, pilates, tai chi, guided imagery and meditation classes offered by **Legacy Pilates, Yoga & More** teachers.
- Meet new friends and mingle with like-minded people.
- Start the year on the right foot with a healthy, holistic week.

Here are some details:

All-inclusive, air, hotel, and specialty classes (yoga, tai chi, pilates, holistic wellness and other programs (tennis, volleyball, etc) to be scheduled daily for a couple of hours each day.

- ◆ Seven nights at the Sandos PlayaCar (close to Playa del Carmen).
- ◆ Price for double occupancy, 7 nights/8 days is only \$1559.
- ◆ Other lengths of stay may be available.
- ◆ Optional travel cancellation insurance is available and recommended (must be purchased at time of reservation).
- ◆ \$600 deposit will be due upon registration to reserve a space. Final payment due in November.
- ◆ Passports required.
- ◆ Call Jenny Thurman at the Vacation Superstore 402-390-0909 to register as soon as possible. Prices subject to change based on flights and availability so register NOW!

