

# COREBODY GETAWAY 2012

## Pilates, Yoga & Hiking in France



Paris is waiting—just imagine 6 nights tucked away in a boutique hotel within walking distance of our Pilates studio. Charming restaurants, world class museums and walking tours with food and wine experts. Afterwards, the TGV train whisks us to Menton where we spend a week hiking the trails around the Cote d'Azur, with enough free time to experience the historic villages.

Pilates & Yoga, food and wine—  
isn't that what life is all about?

### What's Included:

- 6 nights accommodation in Paris, twin share
- Train from Paris to Menton
- 7 nights accommodation in Menton, twin share
- Daily breakfast & 8 dinners
- 8 small, custom Pilates & Yoga classes (maximum 4 per group reformer)
- 5 walking/hiking tours
- 4 Day Museum passes in Paris
- Wine and cheese tasting
- Food and wine walking tour led by food historian
- Market visits and neighbourhood walks
- Fully escorted by Stephanie Roberts and Karen Kobel

### What's Not:

- International airfare - Travel Concepts will assist
- Beverage and other meals not indicated in itinerary
- Cancellation & out of country medical insurance (Travel Concepts can assist with this)
- Tipping/gratuities for guides
- Personal expenses (laundry, telephone, shopping...)



**Stephanie Roberts  
& Karen Kobel**

### ORIENTATION MEETING:

Wednesday, October 12,  
2011 at 7:00 pm

### LOCATION:

Travel Concepts, 1716 Marine  
Drive, West Vancouver BC



INFINITY  
**Travel Concepts**  
www.travelconcepts.com

For more information, contact Cindy Horton

Phone: (604) 926-8511

Email: [Cindy@trvlconcepts.com](mailto:Cindy@trvlconcepts.com)

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pilates + yoga  
**Stephanie Roberts  
& Karen Kobel**

*September 23—October 6, 2012*

*Price CAD 5,367*

**Deposit CAD 1,000 per person at time of booking  
Balance due July 20, 2012**

***Please note - All payments are non-refundable***

- ***Cancellation insurance and out-of-country medical are highly recommended***

**• *This tour will run with 8 participants minimum, yet no more than 12 to ensure one-on-one attention during Pilates and Yoga classes.***



**For more information, contact  
Stephanie Roberts at (604) 916-9335  
Email: [nvcoregirl@yahoo.ca](mailto:nvcoregirl@yahoo.ca)**