



**Pilates Retreat &
First World Health
July 31 - August 1 2017**

For clients and teachers

Pilates Retreats is now in its 14th year! Please join us for 4 days of Pilates, stretching, relaxing and sightseeing in beautiful Ubud Bali. Ubud is Bali's cultural center and is bursting with delicious food, galleries, temples and shops, all enclosed in the mountains and rice paddies of central Bali. Ubud is also the place from which to travel. Snorkelling, surfing, touring traditional villages, white water rafting, and volcano trekking are all within one hour's drive. All of your activity choices can be arranged at a day's notice. Or, stay in tranquil Ubud, enjoy a daily massage, catch some live music or just read and relax. The choices are endless, and we can assist you with making any arrangements.

We have ten Pilates reformers and a beautiful, inexpensive venue just 5 minutes from the heart of Ubud.

We invite you to spend 5 days with us in 2017. We guarantee Pilates tuition with genuinely world-renowned teachers, experienced advice and guidance, terrific company and great memories.

Please have a read over our program and contact us for further enquiries

Anthony@innovationsinpilates.com

We look forward to hearing from you!

Anthony Lett



With optional "*First world Health*" component - A series of classes and practical workshops designed to help you understand how to optimize your health in the 21st century.

Pilates retreats now has two components. The first is our popular Pilates package. This includes daily Pilates and Stretching, delicious meals and group activities. The second, optional component is for those who want to explore their health in more depth. It gives meaning and context to the daily exercises, and is part educational and part practical. We call it "First World Health." See <https://www.facebook.com/1stworldhealth/> Many of us struggle to optimize our health and wellbeing in the busyness of the 21st century. Time constraints, technological connectedness, increased competition, the built environment, additives in our foods, the list is endless.

Our FWH component will help you to narrow your health choices and focus your behaviors. We do this by looking at your health requirements through the lens of evolution. What physical needs have our organisms evolved with? What exercises do we need and why? What should we eat? What is stress and how does it affect our bodies? How do we manage it? With greater understanding, management of your health and wellbeing is optimized. Join our series of talks and practical activities to help you return home not just refreshed, but armed with the knowledge and skills to create lasting health changes. See timetable below.



First World Health* Course title: **Your Health in the 21st Century*

☆ *Understanding your health*

Evolution and your body- the big picture
Stress and your body - Stress management techniques
Exercises choices/Exercise as medicine
Mindfulness

☆ *Intelligent Exercise*

Pilates strength exercises
Stretching

☆ *Nutrition*

Principals of Nutrition
Eating naturally
Mindfull eating - practical exercises
Food as medicine
Label reading, healthy choices.



Timetable



Arrival and introduction

Welcome dinner Balinese style
Personal coaching bookings
Extracurricular activity choices: Cooking school, Coffee plantation, bike tours, snorkelling, monkey forest walk, etc etcj

Day One

7:00am to 8:00 Introduction Mindfulness and Practical
8:00am Breakfast
9:30 to 10:30am Pilates
10:30 to 11:30am stretching
11:30 to 12:30am First World Health
* Evolution and your body - The big picture
12:30 1:30pm pm Lunch
2:00 to 3:00pm Stress and your body - Stress management techniques
7:30 Dinner and show
Traditional Balinese Dance



Day 1



Day 2

7:00 to 7:30am Meditation
 8:00am breakfast
 9:30 to 10:30am Pilates
 10:30am to 11:30 Stretching
 11:30 to 1:00 Principals of nutrition and Food as medicine - Eating naturally
 1:30 to 3:30pm Rice paddy Lunch
 7:30pm Dinner



Day 3

7:00am Meditation
 8:00am Breakfast
 9:30 to 10:30am Pilates
 10:30am to 11:30 Stretching
 11:30am to 12:30 Exercises choices/Exercise as medicine
 1:00 Lunch
 2:00 to 3:00pm Practical cooking session (how to cook for health in the busy 21 century) and label reading.
 6:00pm Dinner
 7:30pm Tibetan Bowl meditation



Day 4

7:00am Meditation
 8:00am Breakfast
 9:30 to 10:30am Pilates
 10:30am to 11:30am Stretching
 11:30am to 1:00pm Connecting you practices, Planing your future, Q&A
 7:00pm Dinner and closing party



Day 5

Check out





Your hosts

KENYI DIAZ



Is a professional Pilates instructor originally from Venezuela. With a background in dance, and training in classical and contemporary Pilates, Kenyi began teaching Pilates in 2004. Kenyi has taught Innovations in Pilates workshops throughout Australia, Asia, Europe, The UK and South America. A skilled graphic artist, Kenyi designed and co-authored all of the Innovations in Pilates material including books, digital books and videos. Kenyi is pursuing an academic interest in human nutrition, in particular eating for health & wellbeing, for sports performance and in the growing area of "food as medicine." Kenyi is known for her patient and caring approach. Kenyi has experience in teaching athletes, children, young adults, clinical populations and older adults.

ANTHONY LETT



Is a Pilates studio owner, teacher educator and writer originally from Melbourne Australia. Anthony teaches globally at symposiums and studios on the material from his books titled "**Innovations in Pilates.**" To date Anthony has presented in over 25 countries. Anthony was the Director of Advanced Education for **BASI Pilates, one of the worlds foremost Pilates educational institutions with academies in over 35 countries.** Anthony has qualifications in **philosophy, sports science, exercise medicine and clinical anatomy.**

Anthony is a leading creative thinker in the Pilates industry. His three **books** contain fascinating world first 3D Pilates graphics and merge practices from osteopathy, physiotherapy and Yoga with traditional Pilates repertoire. His latest title Stretching on the Pilates Reformer is an Amazon number one seller in its category. A fourth, titled The key Muscles and Joints of Pilates is on the way. Anthony also created the first "Pilates Anatomy" certification course, as well as the first 3D printed Pilates Reformer. Pilates Anatomy involves 3 dimensional anatomy video, creation of muscles on skeletons and exploration of functional anatomy in the Pilates studio.

In a previous career, Anthony was a professional tennis coach. In 1995 Anthony was named the Australian Tennis Coach of the Year by the sports governing body Tennis Australia.



Your enrollment

You have two options.

a) Pilates, Stretching, all meals, Rice paddy walk, Opening night dinner and final night party

Early bird price before March 31 2017, \$699 USD

Full price \$799USD

b) All of the above, PLUS an additional 10 hours First world health tuition

Early bird price \$799USD

Full price \$899USD

To enrol

<http://www.innovationsinpilates.com/bali-retreat>

For further information contact Anthony@innovationsinpilates.com

Please note, this does not include accommodation. Participants must stay at the

[Honeymoon Guesthouse](#)

<http://www.casalunabali.com/honeymoon-guesthouses/>