

Girls only Surf & Pilates Holiday July 21st-27th, 2008 Natura Cabañas, Cabarete Dominican Republic



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Press Release Summary: El Encuentro Beach in Dominican Republic has been chosen to host our Girls Only Surf and Pilates Holiday based on the most ideal season for surf and sunshine. The team will tailor a coaching plan of each surfer over the week, using the latest coaching techniques and equipment. After a hard day soaking up the sunshine and fine tuning your skills, you will have the opportunity to try out some Pilates.



Press Release Body: Life is a beach and a world of eternal summer in Cabarete. With the warm sun shining down through clear skies practically every day of the year, it's most people's dream of a perfect tropical paradise.

The North Coast is becoming increasingly popular for surfing due to its warm and safe surfing waters. Considered to be the best place to surf in the Dominican Republic, **El Encuentro Beach**, is just 10 minutes from **Natura Cabañas**. It's a fantastic spot for beginners, as well as for those looking for something much more challenging. The local surfers are extremely friendly and will help give you the lay of the waves.



Your stay is at **Natura Cabañas** an eco-sensitive beach front boutique Hotel and SPA in **Cabarete Dominican Republic**. This oceanfront eco-paradise offers eleven bungalows with names such as Africana, Laja, Coral and Piedra, each of them unique and built using natural and local materials like caoba (mahogany), bamboo, coral and artistic stonework with seductive illumination and under the concepts of Feng Shui.

The total cost of this event is \$950. Prices are per person, double occupancy. For a single room add \$360. Airfare to/from your city is not included. Package price includes accommodations, meals as noted on the itinerary, airport transfers, tailored surf coaching and Pilates lessons.

Early registration discount: register up to one month before the event and save \$100. Since enrolment is limited, we encourage you to sign up early. Assignments are made on a first-come, first-served basis.

We rely on your attendance to make important arrangements, so if for any reason you need to withdraw, please notify as 30 days or more before the start of the event. At that time we will refund your payment, less a \$125 cancellation fee. If notification of cancellation is made 15 to 30 days before the start of the event we must retain \$300. If no show or cancellation is made less than 15 days before the start of the event, we must retain the entire payment.

Itinerary:



Day 1

Arrive and check in at **Natura Cabañas**. This evening, gather for a welcome reception, dinner and orientation with instructors.

Day 2 - 5

After a healthy breakfast, the morning starts with surf coaching at **El Encuentro**, included is a packed lunch for the beach. Afternoon is Pilates at the temple in **Natura**

Cabañas. Dinner is served buffet style at Natura´s Restaurant.

Day 6

Is a free day for surfing on your own during the day, or to give your self a nice treatment at our SPA and to explore the culinary delights and night life that Cabarete has to offer.

Day 7

Time to pack and say goodbye, transfer to the airport.

We strongly recommend that you purchase travel insurance. We

suggest a plan which offers coverage for medical and dental emergencies, lost baggage, missed connections, and trip cancellations should you have a medical problem that prevents you from attending. We are not responsible for cancellations due to medical emergencies or reimbursement of non-refundable airline tickets in the event of program cancellation.

Web Site: <http://www.naturacabana.com/events.html>

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