

BODY AND MIND INTEGRATION RETREAT

November 15- November 21



\$750.00 p.p.
double occupancy

Includes: Accommodations
meals, taxes, excursions and
round trip transportation

- Air (Panama City to David)
- Land (David to Boca Chica)
- Water taxi to Pacific Bay Resort

2010 Itinerary

Monday

Meet with Maestro
Gilberto Barria Vallarino

Tuesday, Thursday, Saturday

Movement sessions

7:00am - 8:30am

4:00pm - 5:30pm

Wednesday

Snorkeling at Isla Seca

Friday

Picnic at Isla Venado

Body Mind Integration is blend of the Feldenkrais Method, the Alexander Technique, Tai Chi Chuan and other body mind methods. This retreat provides a means of discovering how physical and energy blocks are related and how to use them to enhance your vitality and well-being.

The six-day experience includes six group sessions and the opportunity to receive Body Mind Integration private treatments.

The retreat offers the possibility of combining recreation and personal growth. You will have the choice of participating in group activities like snorkeling, kayaking and nature walks in a pristine environment.

These sessions are designed to help you transform chronic muscular tensions and stress, at the root of persistent pain and discomfort, into relaxation and more energy. The private sessions facilitate and promote the flow of personal energy and growth.

More information about Body Mind Integration available through Gilberto Barria Vallarino at: gbvdco@gmail.com
You can also find out more about the methods used by Gilberto at: <http://boquetespa.com/2009/10/891/> or visit his web page at: <http://www.relaxationzone.ws>

All other questions, contact Frank Melgar of Pacific Bay Resort at: frank@pacificbayresort.org