



Joie de Vivre
Fitness Dance Instructor
Training Intensive Getaway
Coming 2011
Palm Springs, California



"Let the Games Begin"



Immerse yourself in the world of Joie de Vivre Dance Fitness at our rejuvenating weeklong Training Intensive getaway.

Depending on your budget of time and money you may choose among four options: -I- Whirling Dervish - a one day sampling of all JdV dance fitness classes; -II- Completely Classy - join us daily for our classes; -III- Three's a Charm - choose any three days of the seven to stay with us for all we are doing.; -IV- Total Immersion - Treat yourself to the full getaway experience, and come back refreshed and invigorated, body and soul



Whirling Dervish — \$175
 Sunday, 9a-3p



Held at the conclusion of the weeklong getaway, this frenzied all-day intensive includes 9 thirty-minute dance classes & a light lunch.

9-11:30a Fab Fadz, You Go-Go Girl, Cabarez, Cahypso & Flamenco
 11:30a-1p Light Lunch 1-3p Rio, Island, LaBomba & BellyJamz

Completely Classy — \$385

Monday - Sunday

Mon 4-6p, Tues-Fri: 9-11a & 4-6p, Sat 9-11a & 1-3p,
 Sun 9-11:30a & 1-3p

Join your sister sirens for 2 hour dance fitness class intensives daily where you will learn each move down to your core, literally! The last day will encompass all fitness dances in one wild day. Be prepared to sweat ... and to surrender to the dance.

Mon, 4-6p	BellyJamz		
Tues, 9-11a	Fab Fadz	4-6p	RioJamz
Wed, 9-11a	Cahypso	4-6p	Flamenco
Thurs, 9-11a	You Go-Go Girl	4-6p	LaBomba
Fri, 9-11a	Cabarez	4-6p	IslandJamz
Sat, 9-11a	Kidz & Divaz	1-3p	Group Choice
Sun, 9-11:30a	Fab Fadz, You Go-Go Girl, Cabarez, Cahypso & Flamenco		
	1-3p	Rio, Island, LaBomba & BellyJamz	



Three's a Charm — \$975

any 3 days & 2 nights

Monday - Sunday

Dive deeper into the bliss of siren life when you spend three full consecutive days with your sister sirens. Your getaway includes dance fitness classes, meals, accommodation, activities and See our Total Immersion package (below) for daily details.

Total Immersion — \$1985

8 days & 7 nights

Sunday at 7p to Sunday at 5pm

Prepare to be transformed body & and soul in this sumptuous siren experience. This all-encompassing and revitalizing getaway respite includes all dance fitness classes, meals, accommodation, activities, workshops and excursions. Here you will be nudged, never pushed, to find and cultivate ever greater joy in all that you do, using dance fitness as our primary source of expression.

* indicates an Optional activity

NotaBene: schedules & activities subject to change without notice

Sun 7-10p Opening Ceremonies, the games begin
 Mon 6:30a-10p Tai Chi*, breakfast-to-go, off-site Pilates Reformer session, PS Tram excursion*, lunch, Pilates mat class, quiet hour, BellyJamz, dinner, JdV elaboration, celebration & group game
 Tues 6:30a-10p Tai Chi*, breakfast, Fab Fadz, lunch, botanical garden excursion*, quiet hour, RioJamz, dinner, group workshop
 Wed 6:30a-10p Tai Chi*, breakfast, Cahypso, lunch, Indian Canyons hike excursion*, quiet hour, Flamenco, dinner, group workshop
 Thurs 6:30a-10p Tai Chi*, breakfast, You Go-Go Girl!, lunch, horseback riding excursion*, quiet hour, LaBomba, dinner, group workshop
 Fri 6:30a-10p Tai Chi*, breakfast, Cabarez, sack lunch & bike riding excursion*, quiet hour, IslandJamz, dinner, surprise excursion
 Sat 6:30a-10p Tai Chi*, breakfast, Kidz/Divaz+, lunch, bonus class, quiet hours & homework, dinner & dancing excursion
 Sun 6:30a-5p Tai Chi*, breakfast, 5 Sunday-Snippets classes, light lunch, 4 SundaySnippets classes, afternoon tea, Siren Ceremony