




Joie de Vivre
Party Eventeur
Training Intensive Getaway
Coming Soon, 2011
Long Beach, California



"Speak Easy... & dance often"

The password is...



Indulge in the world of Joie de Vivre at our delicious and rejuvenating weeklong dance party Training Intensive getaway.

Whether you want to share Fitness Dance Parties as a party eventeur or instructor, or just want to join in the fun as a pampered participant, this event will enrich and delight you.

Options include: -I- à la Carte - your choice of individual dance parties; -II- The Smorgasboard - fully presented Fitness Dance Parties with themed meals & goodies; -III- Three Course Meal - choose any three days of the six to stay and play with us; -IV- The Feast - From soup to nuts, hands-on detailed instruction in every aspect of the Fitness Dance Parties we currently offer — a true sirens' soiree.

à la Carte — \$35 per event

(plus onetime \$15 registration fee)

your events of choice: Monday - Sunday

Mon: 4-8p, Tues-Fri: 9a-1p & 4-8p, Sat 9a-12noon

See The Smorgasboard package for your list of choices.

(Please note Thursday & Saturday's involve light fair and briefer events.)

The Smorgasboard— \$285

Monday - Sunday

Mon: 4-8p, Tues-Fri: 9-1p & 4-8p,

(Tuesday 8-10p optional), Sat 9a-12noon

Enjoy a full buffet as you dance and dine your way through our menu of fitness dance parties. All events include lunch or dinner plus the opportunity to 'critique' student eventeurs. In thanks, please join us Tuesday night for an optional surprise off-site excursion.

Mon, 4-8p	FabFadz		
Tues, 9a-1p	RioJamz	4-8p	IslandJamz
	8-10p	Surprise off-site Excursion - optional	
Wed, 9a-1p	LaBomba	4-8p	BellyJamz
Thurs, 9a-1p	Cahypso♥	2-5p	Flamenco♥ (tapas)
Fri, 9a-1p	Cabarez	4-5p	Group Choice Bonus class*
Fri, 9a-12noon	You Go-Go Girl!♥		
12:30-1:30p	Group Choice Bonus class*		

♥indicates light meal

*no food is served at bonus fitness dance classes

3 Course Meal — \$745

any 3 days & 2 nights

Monday - Sunday

Get more joie out of your vivre when you spend three full consecutive days with your sister sirens. Your getaway includes dance fitness classes, meals, accommodation and activities. See The Feast package (below) for daily details.

The Feast — \$1365

7 days & 6 nights

Sunday at 7p to Sunday at 5pm

Come ready to eat, drink and be very very merry at this sumptuous siren experience. This comprehensive and invigorating training getaway 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 fitness dance parties as our primary source of expression.

* indicates an Optional activity

Note: Schedules & activities subject to change without notice

Sun 7-10p Whisper the password to gain entrance into the Speakeasy

Mon 6:30a-10p Tai Chi*, breakfast, off-site Party Shopping trip, Tour through the Canals of Naples excursion*, lunch off-site, Training Session: Kidz, Divaz, Special Needs; quiet hour, FabFadz & dinner, JdV elaboration, celebration & group game

Tues 6:30a-10p Tai Chi*, breakfast, RioJamz & lunch, group workshop, quiet hour, IslandJamz & dinner, off-site excursion*

Wed 6:30a-10p Tai Chi*, breakfast, LaBomba & lunch, nature preserve excursion*, quiet hour, BellyJamz & dinner, group workshop

Thurs 6:30a-10p Tai Chi*, breakfast, Cahypso & lunch♥, quiet hour, Flamenco & tapas♥, Queen Mary nighttime tour excursion*, oceanfront dinner & group workshop at The Reef restaurant

Fri 6:30a-10p Tai Chi*, breakfast, Cabarez & lunch, girlie excursion*, quiet hour, bonus class*, quiet hour or homework, surprise dinner & nightcap excursion

Sat 6:30a-5p Tai Chi*, breakfast, You Go-Go Girl! & lunch♥, Q&A, bonus class*, quiet hour, afternoon tea excursion & Siren Ceremony