

# *Spa & Afrocaribe Dance*

DANCE • CONNECT • REJUVENATE • ENJOY  
WITH KIMBERLY MIGUEL MULLEN





# *Spa & Afrocaribe Dance*

CONNECT YOUR MIND BODY AND SOUL

AFROCARIBE IN A PRIVATE SANCTUARY  
WITH KIMBERLY MIGUEL MULLEN.

November 1-8, 2012

CASA VELAS BOUTIQUE HOTEL PUERTO VALLARTA DESTINATION

SPA + AFROCARIBE DANCE RETREAT PERSONAL EXPERIENCE

Transform your body, rejuvenate your soul, learn how to dance, connect and enjoy by cultivating personal body awareness.

Surrender to a beautiful environment designed exclusively for relaxation and pampering. Revel in enchanting architecture inspired by the historic haciendas of Mexico as you enjoy the "Best Boutique Hotel" in Puerto Vallarta; recently rated among the Top Ten Hotels in the categories of Luxury, Relaxation-Spa and Romance by Trip Advisor. Casa Velas Spa Resort will be the hub for a specialized Spa experience that will integrate deep AfroCaribbean and AfroBrazilian dance techniques by exploring polyrhythmic body isolations that will heal your body and open your heart to oneness. Experience how you can transform your own connection and lifestyle through AfroCaribe while enjoying the perfect Spa Personal Experience that will attune your mind, body and spirit.

Each day, you will experience the ultimate AfroCaribe technique. A day begins with a Brazilian Body Fitness approach of balancing the body and mind. As the night approaches an AfroCaribe dance technique on the private ocean's edge or other resort's locations will bring deep connection, joy and peace. A very effective way to celebrate together a journey of living the bliss of rejuvenation through dance and music.

Immerse yourself in sacred Music & Dance with the internationally recognized choreographer and dance ethnologist Kimberly Miguel Mullen for a transformative Spa + AfroCaribbean Music & Dance Retreat Personal Experience inspired by the ocean. All skill levels are welcome in this non-competitive dance classroom environment. A highly trained percussion ensemble provides live music accompaniment.



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### AFROCARIBE DANCE:

"Pure Joy. Mullen doesn't stop smiling and encouraging the group with every step, making sure everyone is having a blast. We finished the class completely soaked but bursting with energy." - Jaime Kiffel-Alcheh, Vital Juice LA

The intention of the dance classes is to celebrate world music, song, and dance by offering ongoing classes that strive to uplift the spirit, encourage universal awareness, and inspire positive community contributions. Each class is designed to teach fundamental Afrocaribbean and AfroBrazilian dance techniques by exploring polyrhythmic body isolations. Participants will not only explore the unique relationship between the various dance steps and drum rhythms but will also learn the cultural, political, historical, and social content of the dances as well. All skill levels are welcome in this non-competitive dance classroom environment. A highly trained percussion ensemble provides live music accompaniment.

Kimberly's Aerobic, Fitness and Dance Workout DVDs are internationally known. *Be Fit: Brazilian Body DVD* (among other titles) offers three 12-minute dance workouts, with a fabulously fun and enchanting program that reveals the secret to obtaining that lean, sexy Brazilian body. By using elements of Brazil's heart-pounding, steamy dances such as the Samba Reggae, Maculelê, and Capoeira, this workout targets all the trouble spots while burning fat and calories to deliver amazing results. Exercisers will learn simple, flowing steps and incorporate hip circles and torso pops set to authentic, pulsating Brazilian music.

### ABOUT KIMBERLY MIGUEL MULLEN:

Kimberly Miguel Mullen brings to the world of dance strength, humility, and natural grace augmented by extensive training and research in the US, the Caribbean, and Brazil. With a Master's degree in dance from UCLA and international training experience, she makes a unique contribution to the field and spirit of dance ethnology. Her style embraces all genres of dance enabling her to work in both traditional and contemporary performance realms. Kimberly's performance and choreography credits include concert, theater, film and television. The Los Angeles Times calls Mullen, "spectacularly supple," owing to her comprehensive mastery of the dance discipline.



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### YOUR PERSONAL EXPERIENCE INCLUDES:

- Professional consultation 8 days before your stay to determine your goals and design an effective Spa program to provide your desired results, and a follow-up consultation 8 days after your departure.
- A suite designed to make optimal use of the element of your choice. Choose from Water, Air, Earth or Fire and learn how the energy, season, gemstones and herbs relate to your element and guide you on a path to wellbeing.
- Exceptional Spa amenities to be enjoyed in your suite, including aromatherapy, variety of healthy refreshments and healthy low-calorie snacks, luxurious Spa bath products and plush Spa robes and slippers.
- Select from our two gourmet restaurant menus or a personalized menu of gourmet Spa delights prepared by acclaimed chefs to nourish and heal from within.
- Unlimited access to our Hydrotherapy Circuit, with dry sauna, herbal steam room, pressure shower, Jacuzzi and lounge area.
- Relaxing, rejuvenating and beautifying Spa treatments in the intimate seclusion of our Spa.
- A personalized Brazilian Body and Afrocaribe fitness technique regimen with the internationally recognized choreographer and dance ethnologist Kimberly Miguel Mullen in a fully equipped fitness center and classes such as beach Yoga.
- Focus on the inner self, through Brazilian Body, Afrocaribe, yoga, sunset strolls, and guided breathing.



## Spa & AfroCaribe Dance

### PROGRAM:

This 7-night, 8-day Spa + AfroCaribe Retreat Personal Experience will care for each aspect of your mind, body and soul and lead you on a sensorial journey to wellness. Your Spa + AfroCaribe Experience includes:

**Day 1:** •Wellness Musical Ritual. •Hydrotherapy Ritual at the Spa (unlimited duration). •Soothing Leg Massage to combat fatigue (25 minutes)  
•Welcome Spa dinner at Emiliano restaurant.

**Day 2:** •Sunrise Beach Brazilian Body Fitness Class •Guided Botanical Garden Walk. •Hydrotherapy Ritual at the Spa (unlimited duration)•Casa Velas Herbal Ritual (80 minutes). •Sunset AfroCaribe Class •Spa Dinner at our private Ocean Club •Temascal Musical Harmony Ritual.

**Day 3:** •Sunrise Beach Brazilian Body Fitness Class •Golf lesson on the Marina Vallarta course. •Hydrotherapy Ritual at the Spa (unlimited duration)  
•Quiro Golf Massage in suite or in Spa (80 minutes). •“Back to the Garden” Musical Ritual. •Sunset AfroCaribe Class •Spa dinner at Emiliano restaurant or our Ocean Club

**Day 4:** •Sunrise Beach Brazilian Body Fitness Class •Self-massage class (25 minutes). •Hydrotherapy Ritual at the Spa (unlimited duration)•Grape Body Wrap in Spa (50 minutes). •Spa Dream Musical Ritual. •Sunset AfroCaribe Class •Spa Dinner at Emiliano restaurant or our Ocean Club

**Day 5:** •Sunrise Beach Brazilian Body Fitness Class •Healthy organic cuisine class. •Hydrotherapy Ritual at the Spa (unlimited duration)•Zen Shiatsu Massage in suite (50 minutes). •Tao Healing Musical Ritual. •Sunset AfroCaribe Class •Spa or Ayurvedic Menu Dinner in the pool area

**Day 6:** •Sunrise Beach Brazilian Body Fitness Class •Morning walk on the beach at Velas Vallarta (optional) •Wellness Musical Ritual •Hydrotherapy Ritual at the Spa (unlimited duration) •Soothing Leg Massage to combat fatigue (25 minutes) •Sunset AfroCaribe Class •Spa Dinner at Emiliano restaurant

**Day 7:** • Musical Natura Bissé SPA experience •Hydrotherapy Ritual at the Spa (unlimited duration) •Citrus Supreme Face and Body Treatment in suite | 100 min. •“Taste of Beauty” Dinner with special menu at Emiliano restaurant

**Day 8:** • Reflexology Massage (25 minutes).

\* Spa treatments may be exchanged for comparable treatments of your choice.



# CASA VELAS

Puerto Vallarta

## CASA VELAS

A boutique hotel and ocean club nestled on the greens of Marina Vallarta's 18-hole golf course, is a member of The Leading Small Hotels of the World and a recipient of the AAA Four Diamond Award. Located just five minutes from Puerto Vallarta Airport and only 15 from the popular downtown area, art galleries and "El Malecon" (the boardwalk), the hotel features 80 suites, some with private pools and Jacuzzis. The recently remodeled Spa Casa Velas, a Leading Spa of the World, encompasses five treatment rooms, a hydrotherapy area, a garden-view fitness center equipped with state-of-the-art exercise equipment, and a beauty salon. Emiliano a la carte fine dining restaurant is at the hands of one of the area's leading chefs serving Mexican and international cuisine. Casa Velas was chosen a Top 10 in three categories - Luxury, Relaxation/Spa and Hotel for Romance - by TripAdvisor® in its 2011 Travelers' Choice® awards, and Expedia® named Casa Velas among the top-ranked hotels on this year's Expedia Insiders' Select™ list which formally recognizes the best hotels worldwide that consistently deliver excellent service, a great overall experience and a notable value.

## LUXURY SUITES

Discover our unique style of luxury in 80 plush suites. Each is exquisitely furnished and decorated with textures and colors inspired by traditional Mexican design, many of them with pieces by acclaimed Mexican sculptor Sergio Bustamante. Relax in a world of tranquility enhanced by private immersion pools, Jacuzzis, cable television, wireless internet (\$) and a wide range of luxurious amenities in Puerto Vallarta. Allow your soul to be replenished as you breathe in the freshness of another splendid Puerto Vallarta morning and savor impressive views of the lush gardens and the green expanse of the golf course's rolling hills.

## CULINARY TOUR

The culinary experience is an integral part of Casa Velas, where local flavor and culture blend in delicious harmony. Innovative fare that highlights the unique and exotic flavors of our homeland is our specialty, and the use of the freshest regional ingredients is of utmost importance. We take pride in designing dishes that will surprise and delight you, ranging from elegant gourmet dining at Emiliano to our casual seaside Ocean Club bistro with Asian fare. Enjoy a variety of refreshing cocktails at our Ocean Club and pool lounges, deliciously healthy options on all of our menus, and an extensive in-suite dining menu for service day or night.

## BEYOND ALL INCLUSIVE

Your Beyond All Inclusive, Beyond All Compare Spa + Afrocaribe Retreat experience includes an exceptional dining plan of personalized chef-created meals and unique Spa beverages at our acclaimed restaurants, in addition to all service charges, taxes and gratuities. Other included: A Luxury Spa + Afrocaribe Retreat yourself experience with a two daily Afrocaribe and Brazilian Body classes in our spa, state-of-the-art fitness center, decks and private beach, sunrise deep meditations on the ocean's edge or sunset walk, self massage classes, etc.

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## RATES:

7-night, 8-day Spa + Afrocaribe Dance Retreat Personal Experience:

Single occupancy \$ 6,062 USD

Double Occupancy \$ 4,837 USD

All inclusive boutique Spa + Afrocaribe Dance Retreat Personal Experience includes an exceptional dining plan of personalized á la carte meals in our award- winning restaurants, special dinners prepared in your honor and a wide variety of beverages, as well as all service charges, taxes and gratuities.

Note: Includes all taxes, service charges and gratuities.

\*Spa treatments may be exchanged for comparable treatments of your choice.

Velas Resorts donates a percentage of these retreats profits to charities in the communities of our destinations. At the end of every package purchase, guests can choose how these proceeds are divided, with the options being Animals & Environment or Children & Human Rights. Each month, Velas Resorts distributes our donations to groups in each of these categories according to the votes of our guests. Thank you for helping to make a better world.



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