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**KAMALAME CAY BRINGS ROYAL BALLET SCHOOL-TRAINED DANCER  
AND PILATES EXPERT TO HOST APRIL 2008 PILATES WEEK IN BAHAMAS**

**ANDROS ISLAND, BAHAMAS, November 2007** – Stress-impacted lives may need more than sun and sea to rejuvenate, recognizes Kamalame Cay, a 96-acre, private-island resort in the Bahamas. As part of its Weekend Spa and Wellness program that begins in January, the resort announces that it will host a five-night / six-day Kamalame Cay Pilates Week April 24-29, 2008, for a maximum of 10 guests.

The per person program rate for the Pilates Week is \$1,200 and includes twice daily mat work, two one-on-one 60-minute sessions with acclaimed instructor Christine Sundt who will help tailor make take-home programs, two massages of choice at Kamalame Cay's over water spa, two 45-minute deep stretching sessions and special healthy meals. Accommodations for the Pilates Week, inclusive of all meals and beverages, are from \$4,200 (double occupancy).

The program is designed to equip participants with a working knowledge of the Pilates system during their morning and afternoon group classes that explore breathing and basic core stability while using equipment to provide support and diversity. Other classes at \$60 per class are available to add variety and give clients an insight into other methods / techniques that might complement their Pilates workout. These include yoga sun salutations at sunrise, ballet 'floor bar' workouts focusing on core stability inspired by New York City Ballet techniques, and yoga/lates, a combination class drawing on the two methods and creating a dynamic, flowing class

Hosting the class will be Christine Sundt who trained as a dancer from the age of 3, starting her professional studies at the Royal Ballet School at the age of 11. Her Pilates studies started at 14 when she suffered a back injury. The method allowed her to rehabilitate and continue her studies and dance with both the Royal Ballet and Birmingham Royal Ballet Companies.

Following her university studies, Christine decided to consolidate her knowledge of the Pilates method by completing an instructor's course at the internationally renowned 'Pilates International' studios in London. Following completion of the course Christine was immediately invited to join the team of instructors at Pilates International as their 'Technical Instructor'. She continues to teach both trainee instructors and clients at the studio as well as all over London.

## **KAMALAME CAY PILATES WEEK / 2**

She combines a career as a choreographer with her role as a Pilates instructor. Her work includes ballets for the English National Ballet School and the London Children's Ballet. She is also the principle guest choreographer for the Bulgarian National Ballet. For more information please visit: [www.christinesundt.com](http://www.christinesundt.com)

This and other Weekend Spa & Wellness programs may include pampering treatments in Kamalame's 2,000-square-foot "aqua spa" nestled at the end of a 200 foot pier. The spa features five treatment rooms, each suspended over the sea with walls of windows that open to expansive ocean views.

Kamalame Cay features 19 "beach chic" accommodations ranging from charming marina rooms to Balinese inspired cottages and villa suites. Throughout the Great House, a welcoming gathering place where guests enjoy evening cocktails and all meals, the style evokes 19<sup>th</sup> century British with art, antiques and collection of Bahamian furnishings. Weekly, candles and Tiki torches move from the Great House to the beach for an alfresco, Bahamian-style banquet with a live "rake & scrape" band that plays infectious island melodies.

The property also features a fully-equipped PADI dive center for SCUBA enthusiasts who wish to explore the endless underwater adventures and an extensive fishing program offering fly-fishing retreats and deep sea fishing excursions.

The resort is a 20-minute drive from the Andros Town Airport serviced by charter or scheduled service from Nassau and Fort Lauderdale. Transportation to Kamalame Cay is provided by taxi and a three-minute ferry ride.

For more details on the Pilates Week or Spa & Wellness Weekends at Kamalame Cay please call 800-790-7971, e-mail [info@kamalame.com](mailto:info@kamalame.com) or visit [www.kamalame.com](http://www.kamalame.com).