

Pilates & Paradise Retreat

Founding Member Interest Form

Thank you for your interest in joining the first Pilates & Paradise Retreat in Costa Rica.

I am currently creating this experience and would love your input as I design a retreat that is meaningful, inspiring, and exactly what you are looking for.

By joining this list, you will receive first access to retreat details, dates, location, pricing, and special opportunities for our founding members.

Your Information

First Name:

Last Name:

Email Address:

Phone Number (optional):

Where are you traveling from? (City/Country):

About You

Have you ever attended a Pilates, yoga, or wellness retreat before?

- ☐ Yes, multiple times
- ☐ Yes, once
- ☐ No, this would be my first retreat

What is your Pilates experience level?

- ☐ New to Pilates
- ☐ Beginner
- ☐ Intermediate
- ☐ Advanced
- ☐ I practice Pilates regularly

Your Retreat Experience

What are you hoping to experience from a Pilates & Paradise Retreat?

(Select all that apply)

- ☐ Improve strength and mobility
- ☐ Improve posture and body awareness
- ☐ Feel healthier and more energized
- ☐ Relax and recharge
- ☐ Connect with like-minded people
- ☐ Explore Costa Rica
- ☐ Spend time in nature
- ☐ Try something new
- ☐ Create healthier habits
- ☐ Have fun and adventure

What would make this retreat feel unforgettable for you?

(Short answer)

Retreat Preferences

What retreat length feels ideal for you?

- ☐ 3–4 nights

- ☐ 5 nights
- ☐ 7 nights
- ☐ 8+ nights

What time of year would you most likely travel?

- ☐ January–March
- ☐ April–June
- ☐ July–September
- ☐ October–December
- ☐ I am flexible

What type of accommodation would you prefer?

- ☐ Private room
- ☐ Shared room
- ☐ I am open to either option depending on price
- ☐ I would travel with a friend

Investment

For a 7-day Pilates & Paradise Retreat in Costa Rica (including accommodations, meals, Pilates classes, and experiences), what investment range feels comfortable?

- ☐ \$1,500–\$2,000
- ☐ \$2,000–\$2,500
- ☐ \$2,500–\$3,500
- ☐ \$3,500+

Final Questions

What would make you feel excited and confident about joining this retreat?

(Short answer)

Is there anything that might prevent you from attending a retreat like this?

(Examples: travel concerns, schedule, budget, attending alone, etc.)

Would you like to be notified when registration opens?

- ☐ Yes, I want first access
- ☐ I am interested and would like more information first

Thank you for helping me create this special experience.

I can't wait to share Pilates & Paradise Retreat with you.

— Lyndsey