

# Abbott the Red Adventures Mexico Retreat



**Do you like adventure, Crossfit and drinking cold beer on the beach?**

Then you **need** to come on Abbott the Red Adventures retreat in Chacala, Mexico!

**When:** November 19-26, 2016

**Where:** Your adventure awaits an hour north of **Puerto Vallarta**. Stay in a luxurious, gated residence in **Marina Chacala** with access to private swimming pools and beaches. You will also be in the heart of “real Mexico” with Chacala village right next door.

**How:** With fun activities like: surfing, swimming, paddle boarding, ping pong, tennis, pickle ball, margarita making, dancing, napping, sunbathing, hiking, beach volleyball and kayaking while training with Crossfit Games athlete Emily Abbott. You will be challenged daily but there will be ample time to chill out by the beach.

**How much:** \$900 CAD— includes:

2-3 meals a day plus snacks prepared by an in-house chef (I know you all love to eat); housekeeping; transportation to and from airport as well as any daily excursions; accommodation (2 people per room); training with Emily Abbott

\* \* Alcohol will be pay as you drink \* \* Airfare is not included \* \*

**Interested? Email me at: [emilyabbott439@gmail.com](mailto:emilyabbott439@gmail.com) for all the details!**