

Immersion Wellness

SEPTEMBER 20 TO 24
GULF OF SAINT-TROPEZ




YOGA & VITALITY

A rejuvenating getaway to revitalize your energy and relax in an exceptional setting, in a luxurious villa on the heights of the Gulf of Saint-Tropez.

An invitation to let go, reconnect body and mind, and share moments of life.

Calm, serenity, and inner discovery are the elements we offer you.





JOIN US ! BREATHE & RELAX

01

We are all caught up in the hectic cycle of our overburdened and demanding lives. Each one of us feels the crucial need for a break, escape, and withdrawal to disconnect from the daily routine, and better manage the stress and mental burden that accompany us.

02

Taking care of our mental health is essential nowadays. If you are exhausted and looking for a break away from the urban hustle and bustle and personal or professional pressures, come rejuvenate yourself in an environment where yoga, healthy eating, and body and mind care combine. Recharge your vital energy and reconnect your body and mind.

A MOMENT'S PAUSE

Discover daily yoga sessions inspired by the energy of autumn and the Equinox, focused on grounding, inner connection, and change.

These moments allow you to release accumulated tensions in your body, promoting total relaxation and physical and mental liberation.

Enjoy meditations at sunrise or sunset, accompanied by hikes along the beautiful coastal trail at Cap Taillat.

Experience Sound Healing and Breathwork.

Share moments of introspection and journaling, as well as free time for massage and rejuvenation.



GREEN CUISINE & L' ARYUVEDA

Indulge in meals that are rich in fresh fruits and vegetables from La Piboule's garden, grown according to permaculture principles. Enjoy vegetarian meals prepared every day with fresh ingredients, cooked on the spot by SIMON DUVAL, an Ayurvedic food advisor.



To give meaning as human beings to the way we eat, and to understand how, through simple gestures, we can achieve healthy, tasty, high-quality cuisine with character."



The dietary dimension, and more specifically Ayurvedic dietetics, plays a key role in Ayurveda. This nutrition enables the body/mind organism to find the right balance, helping us to maintain optimal health and a long life. It restores and regenerates, making it an important key to our well-being.

DELUXE SUPERIOR ROOM



Double bed, private bathroom, private terrace
with sea view.

Single occupancy / € 2500

Double occupancy / € 2300 per person.

SINGLE OR SHARED ROOM



DOUBLE BED, PRIVATE BATHROOM, WITH SEA OR GARDEN VIEW.

SINGLE OCCUPANCY / 2100 €
DOUBLE OCCUPANCY / 1900 €

COMMON LOFT

1700 € / PERS



TWO BEDS, SLEEPS 4
SHARED BATHROOM
SHARED LOUNGE
SEA-VIEW TERRACE





TYPICAL DAY SCHEDULE

8H : COLLATION TEA/COFFEE, FRUIT (LIGHT)

8.30AM: YOGA / OR FUSION PILATES

10.30AM: WORKSHOP / TREATMENTS

12PM: BRUNCH

FREE TIME / DISCOVER
SAINT-TROPEZ, BEACH, TREATMENTS,
MASSAGE,
RELAXATION AT THE POOL.

5PM-6.30PM: EVENING PRACTICE

7PM: DINNER

8.30PM (DAY 2 AND 4): EVENING,

BE THE MASTER OF YOUR OWN EXPERIENCE, LIVE AT YOUR OWN PACE,
WHERE NOTHING IS DICTATED BUT EVERYTHING IS OFFERED, SO THAT EVERY
MOMENT BECOMES YOURS.

The Villa

WHERE THE RETREAT TAKES PLACE

GRIMAUD IS LOCATED IN THE GULF OF SAINT-TROPEZ,
ON FRANCE'S MAGNIFICENT CÔTE D'AZUR.

IT OFFERS AN IDYLIC SETTING FOR A PEACEFUL AND REVITALISING YOGA RETREAT
REVITALISING YOGA RETREAT, WHERE NATURAL BEAUTY BLENDS HARMONIOUSLY WITH
WELL-BEING AND RELAXATION, ALLOWING YOU TO RECHARGE YOUR BATTERIES AND
AND RECONNECT WITH YOURSELF.

THIS ENCHANTING PLACE OFFERS THE PERFECT BALANCE BETWEEN SERENITY AND NATURE.
AS WELL AS YOGA SESSIONS, THERE'S A WHOLE HOST OF ACTIVITIES ON OFFER IN YOUR FREE
TIME.

YOUR FREE TIME, SUCH AS INVIGORATING WALKS ALONG THE COASTAL PATHS
ALONG COASTAL PATHS, EXPLORING SECLUDED COVES,
RELAXING ON THE BEACH AT PAMPELONNE, TAKING PART IN WATER SPORTS,
OR DISCOVERING SAINT-TROPEZ AND THE SURROUNDING VILLAGES.

JUST A FEW MINUTES FROM THE FAMOUS PAMPELONNE BEACH, THE VILLA IS LOCATED IN THE
COMMUNE OF GRIMAUD, A HISTORIC VILLAGE WITH ITS CASTLE OVERLOOKING THE PLAIN



MASSAGE & ENERGY CARE

MENU 1H 120€



*RELAXING MESSAGES
DEEP TISSUE
LYMPHATIC DRAINAGE
MADEROTHERAPY
CHI NEI TCHANG (ABDOMINAL)
KOBIDO*



*ENERGETIC CARE
INTUITIVE MASSAGE
TIBETAN BOWL MASSAGE
CHACRAS BALANCING*





WELLNESS PACK

DETOX

Lymphatic drainage
Maderotherapie
Chi nei tchang

CARE OF BEING

Relaxing
Intuitive massage / chacras
Tibetan bowls

2 to choose 210 € / 3 to choose 320 €

Included in your package

ACCOMMODATION. VEGETARIAN MEALS FOR LUNCH AND DINNER ...
ACTIVITIES . YOGA . HIKING . SOUND HEALING ... BREATHWORK ...
1 H TREATMENT OF YOUR CHOICE (MASSAGE OR ENERGY TREATMENT)

Not Included in your package

Transport to the venue .
Massages / additional energy treatments



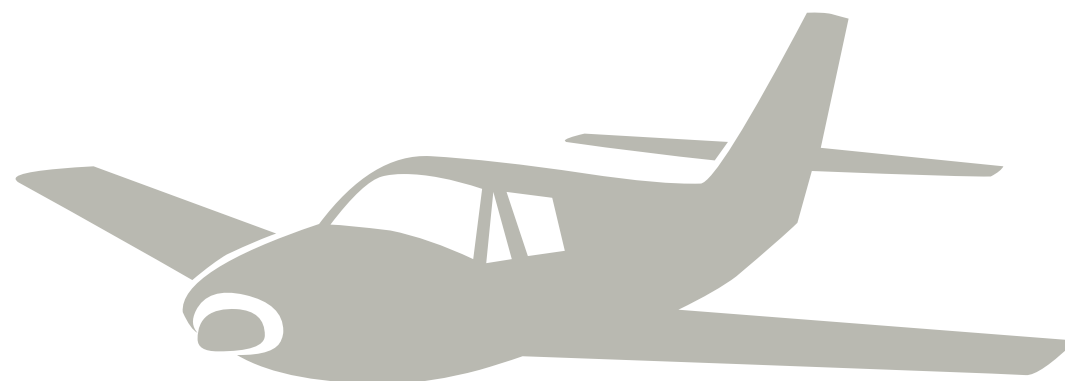
HOW TO REACH THE VILLA ?

Excepted arrival SEPTEMBER 20
between 2pm to 5pm
**LEAVING SEPTEMBER 24 AFTER
BREAKFAST**



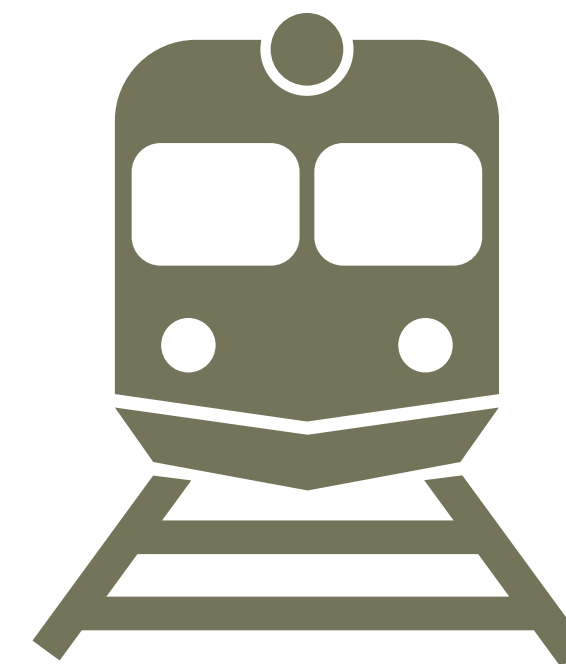
BY CAR

From Paris or Lyon via Valence and Aix-Marseille, as well as from Lyon via Montpellier and Nîmes-Aix-Marseille, follow signs for Fréjus and take exit 35 towards La Garde-Freinet/Cogolin/Grimaud



BY PLANE

From Marseille or Nice, take a connecting train to Grimaud (taxi or train).



BY TRAIN

From Marseille or Aix-en-Provence train station, take a taxi or carpool, exit at junction 35 La Garde-Freinet, then follow signs for Grimaud. From Hyères, take La Londe-des-Maures/La Môle/Cogolin, then direction Grimaud, or take La Garde-Freinet then Grimaud.



WHO WE ARE ?

Marie and Orelie, experts in the art of well-being, have enjoyed a long-standing friendship and both work in the Gulf of Saint-Tropez.

Driven by a shared passion for well-being and travel, they have explored idylls such as Mexico and Guatemala together.

Today, they aspire to help you discover different holistic practices and are here to explore the harmony between body, mind and vibrations.



Orelie

[HOLISTICWELLNESS-THERAPY.COM](https://holisticwellness-therapy.com)

From an early age, I have been passionate about well-being and understanding of the human being, exploring the links between Mind, Body & Spirit.

After more than ten years of nomadic travels around the world:

India, Thailand, Indonesia, Australia, Peru, Brazil, Mexico, Guatemala and Costa Rica.

I have enriched my practice by integrating shamanism and bodywork.

As a holistic therapist and yoga teacher (vinyasa, hatha, yin sound, meditation...), I'm committed to promoting well-being by helping everyone to rediscover harmony with their body and essence.



Marie

MCAREWELLNESS.COM

Marie has been travelling the world for several years. A professional masseuse therapist in some of Paris's most renowned palaces in Paris, she is passionate about well-being.

Her travels have led her to discover some wonderful practices such as yoga, sonotherapy, hydrotherapy and energy treatments.

Today, she organises wellness retreats on the beautiful Côte d'Azur integrating her know-how, helping body and mind to realign and restore balance and harmony.

She offers a holistic experience, inviting you to open the door and dive into your inner self, understand your needs, listen to your body and accept yourself fully.

CONTACT US

LIMITED PLACES / 10 PERS MAX

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