

**“THE MEDICINE OF SELF LOVE”**

A SELF CONFIDENCE

**RETREAT**

**GOLFE DE SAINT-TROPEZ**

1ST - 4TH JUNE 2024

Welcome to our 4-day Self-Confidence Retreat, a Journey of Empowerment and Self-Discovery!  
We invite you to embark on a transformative journey towards greater self-confidence, inner harmony, and empowerment. Our retreat offers a holistic sanctuary where you can nourish your body, mind, and soul.

At our retreat, we understand that self-confidence is not just a state of mind, but a profound integration of body, mind, and spirit. Through a carefully curated blend of ancient wisdom and modern techniques, our program is designed to help you uncover the radiant confidence that resides within you.

Throughout your journey, you will be supported by a community of like-minded people who share the desire for growth, healing, and self-discovery. Together, we will create a sacred container of love, acceptance, and mutual support, where you can freely explore your vulnerabilities, celebrate your strengths, and embrace the fullness of who you are.

YOUR PATH TO SELF-DISCOVERY AND EMPOWERMENT AWAITS YOU.

ARE YOU READY TO TAKE THE FIRST STEP?





# BREAKDOWN

- Yoga: Connecting to your higher-self
- Meditation: Visualisations & Analytical Meditations
- Breathwork: Harness the Power of Breath
- Sound Healing: Harmonize Your Being
- Neurodance: Expressive Movement for Inner Liberation
- Cacao Ceremony: Heart-Opening Ritual
- Tarot Workshop: Porpouse and personal cards
- Nature Walks: Reconnect with the Earth







Green Cuisine, nourished by Mother Earth.  
Rich in fresh fruits and vegetables.  
Vegetarian meals, fresh seasonal food prepared every day.



# PROPOSED ACTIVITIES

BEGINNER & INTERMEDIATE

VINYASA YOGA

**SOMATIC MOVEMENT**

SHARING CIRCLES

**MEDITATION**

JOURNALING

**BREATHWORK**

**YIN YOGA**

NEURODANCE

**WALKS IN NATURE**

CACAO CEREMONY

**MASSAGE**

TAROT WORKSHOP



# SCHEDULE

7:30AM : MORNING MEDITATION

8AM : TEA/COFFEE, JUICE AND FRUITS

8:30-9:30 AM: YOGA PRACTICE

10:00-11:30 AM: WORKSHOPS

11:30-13:00PM : BRUNCH

FREE TIME / DISCOVERING OF SAINT TROPEZ, BEACH TIME,  
POOL TIME.

17:30H-18:30PM : CEREMONIES

19:00PM : DINNER

21:00 SOUND BATH

*Confidence is not about being perfect or fearless; it's about embracing your imperfections, acknowledging your fears, and stepping forward anyway.*





# ACCOMODATIONS

## COUPLES OR SINGLES

\*THE PRICES ARE FOR THE ENTIRE RETREAT ALL INCLUDED

ROOM 1  
KING SIZE  
ONLY 2 PEOPLE  
DOUBLE BED AND PRIVATE  
RESTROOM  
1,650€ / PP



ROOM 2  
KING SIZE  
DOUBLE OR SINGLE  
1,650€ SINGLE  
1,200€ DOUBLE



ROOM 3  
DOUBLE OR SINGLE  
1,650€ SINGLE  
1,200€ DOUBLE



ROOM 4  
SHARED ROOM FOR 2  
SEPARATE BEDS  
1,200€ /PP





## INCLUDED

All activities, yoga mats, workshops.  
Vegetarian meals, two a day and snacks available (tea, coffee, fruits).  
Accommodation of your choice.  
Bed (clean sheets included).  
Bath towels and hairdryer included.  
(Transportation is provided for activities during the stay.)

## NON INCLUDED

**Transport to arrive to the villa.**  
**Massages/Reiki /Tarot / Energy treatment**





# THE VILLA WHERE IS LOCATED

Grimaud is located in the Gulf of Saint-Tropez, on the beautiful Côte d'Azur in France. This location offers an idyllic setting for a peaceful and revitalizing yoga retreat, where natural beauty blends harmoniously with well-being and relaxation, allowing you to recharge your batteries and reconnect with your being.

Nestled between the green hills of the Massif des Maures and the crystal clear waters of the Mediterranean, this enchanting place offers a perfect balance between serenity and nature.

Apart from yoga sessions, a multitude of activities are offered during your free time, such as invigorating walks along coastal paths, exploring secluded coves, relaxing on Pampelonne beach, water activities, or the discovery of Saint-Tropez and the small surrounding villages.

A few minutes from the famous Pampelonne beach, the villa is located in the town of Grimaud, a historic village with its castle overlooking the plain. The villa is bright, opening onto the garden and the swimming pool surrounded by umbrella pines.





# HOW TO GET TO THE VILLA

## BY CAR

From Paris/Lyon-Valence-Aix Marseille, follow the direction of Fréjus, then take exit 35 towards La Garde-Freinet/Cogolin/Grimaud.

From Lyon/Montpellier/Nîmes-Aix Marseille, head towards Fréjus, then take exit 35 towards La Garde-Freinet/Cogolin/Grimaud.

## BY TRAIN

From Paris/Lyon-Valence-Aix Marseille, follow the direction of Fréjus, then take exit 35 towards La Garde-Freinet/Cogolin/Grimaud.

From Lyon/Montpellier/Nîmes-Aix Marseille, head towards Fréjus, then take exit 35 towards La Garde-Freinet/Cogolin/Grimaud.

## BY PLANE

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

**ARRIVE ON THE 1ST JUNE AT 16H.  
DEPARTURE ON THE 4TH JUNE END OF DAY.**



Tamara is a Psychologist and works mainly with teachers and children in mindfulness and meditation. She has been living a nomadic lifestyle and is based in Guatemala for the past 2 years.

She completed 200H Hatha Yoga Teacher Training, 100H Yin Yoga, Kundalini Yoga, Water Therapy, Access Bars, and many meditation courses in Buddhism.

Furthermore, she went on a journey to Nepal to learn more about the peaceful philosophy of Buddhism.

Her journey continued to Thailand, Taiwan, Japan, and Korea, where she collected the most helpful Mediation tools. In this retreat, we will get access to these tools and techniques. She is excited to share Visual & Analytical Meditations with us as well as her individual Yin Yoga Practice. Furthermore, she is a qualified Chef who worked for a vegan coffee shop in Sydney, Australia. Her food is inspired by her many travels through Asia, Central America and Europe.



TAMARA





For years Marie has traveled the world as qualified professional masseuse, her travels took her to discover and explore different types of massage, yoga and sound therapy across diverse cultures and traditions. Today she decided to offer her experience in the Gulf of Saint-Tropez to organize a unique retreat. She will integrate her specialties and thus helping the body, mind and soul realign and regain balance and harmony.

"You will have the opportunity to dive in a world of relaxation and regeneration where each aspect of your being will be taken care of."

MARIE





A gifted Sound Healer, trauma informed Neurodance Practitioner, Psychodramatist and talented Tarot Reader. She has guided hundreds of group workshops with self-awareness at the core of her practice. Andrea has had the pleasure of serving countless clients from all walks of life including celebrity clients like Jessica Alba. Has been trained and internationally certified by UNESCO, INSEA & CENA with therapeutic tools focused on trauma and resilience-building.

This time she will be sharing these ancient arts as an access point to the unconscious mind to gain confidence and release pain, which is most of the times what pulls us back from accessing our best self.

Since 2014, her purpose has been guiding people back towards their inner power. She considers this Retreat a great gift and a privilege.



ANDREA

# INSCRIPTION / INFORMATION

LIMITED SPOTS / 8 MAXIMUM

## INSTAGRAM

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## WEBSITE

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