

THE NATURAL HOLISTIC RETREAT



**SPIRITUAL AND EMOTIONAL
RETREAT**



CRILLON LE BRAVE

SANCTUM



FROM FRIDAY 22 TO SUNDAY 24 NOVEMBER



WILD SOCIETY, founded by Vanessa Gourand, is a movement built around shared passions for music, travel, physical activity, freedom and discovery.

To find serenity and peace, its retreats offer unique experiences, guided by a desire to let go.

Escape and Reconnect!



SANCTUM

... presented by its founders Luuk and Gabriel

Founded in 2020 by Luuk Melisse and Gabriel Olszewski, WE ARE SANCTUM is a nomadic community based on a transformative wellbeing practice and mindful movement. Their concept: to create unparalleled harmony to strengthen the body, develop the mind and push physical, mental and spiritual boundaries.

An invitation to explore your capacities and go beyond your limits.

THE RETREAT

Transport yourself into a state of euphoria at the Hôtel Crillon le Brave in the heart of Provence, thanks to the power of dance and mindful movement.

In a setting filled with beauty, surrounded by soft, gentle nature, take time to breathe to the rhythm of electrifying music and release your emotions.

On your own, as a couple, or with friends, you can reconnect with yourself through these holistic and relaxing activities.



WHO'S IT FOR?

This retreat is for those who want a timeless experience, where relaxation involves disconnecting and unwinding. In the heart of Provence, reconnect with nature and your inner self, in an authentic environment with breathtaking views.

THE PROGRAMME ?

During this weekend dedicated to well-being, relax to the rhythm of the two WE ARE SANCTUM workshops, followed by some relaxing mindfulness. Enjoy a soothing yoga and meditation session, an energising stretching class, or a 2-hour hike around Mont Ventoux.



SPIRITUAL AND EMOTIONAL RETREAT FROM FRIDAY 22 TO SUNDAY 24 NOVEMBER

FRIDAY 22 NOVEMBER 2024

PARTICIPANTS ARRIVE THROUGHOUT THE AFTERNOON

7PM: WELCOME COCKTAIL IN THE HOTEL BAR

8PM: DINNER AT LA TABLE DU VENTOUX, OUR BISTRONOMIC RESTAURANT

SATURDAY 23 NOVEMBER 2024

8AM - 10AM: BUFFET BREAKFAST

10.30AM - 12PM: WE ARE SANCTUM SESSION, FOLLOWED BY STRETCHING

1PM: LUNCH, SHARING TABLE AT LA TABLE DE VENTOUX

3PM - 5PM: FREE TIME (SPA TREATMENTS, HIKING OR CYCLING)

6PM - 7PM: YIN YOGA SESSION AND MEDITATION

8PM: DINNER AT LA TABLE DU VENTOUX

SUNDAY 24 NOVEMBER 2024

8AM - 10AM: BUFFET BREAKFAST

10AM - 11.30AM: WE ARE SANCTUM SESSION, FOLLOWED BY STRETCHING

11.30AM - 12.30PM: CIRCLE CLOSING

13AM: BUFFET BRUNCH

PARTICIPANTS DEPART THROUGHOUT THE AFTERNOON

IN THE HEART OF PROVENCE,
RECONNECT WITH YOUR INNER SELF

THE PROGRAMME IS SUBJECT TO CHANGE, DEPENDING ON WEATHER CONDITIONS.



DATES & PRICES

From Friday 22 to Sunday 24 November 2024

2 nights accommodation :

Single occupancy : €1,380

Double occupancy : €1,990

2 nights in a suite :

Single occupancy : €1,690

Double occupancy : €2,300

Triple occupancy : €2,910

THE OFFER INCLUDES

Two nights' accommodation

Daily meals

Two 1h30 WE ARE SANCTUM workshops (in english)

One stretching session

A 2-hour guided hike

One yoga and meditation class

15% discount on Spa treatments

IN ADDITION

- Transfers
- Spa treatments
- Drinks (excluding mineral waters)



BOOKING AND CANCELLATION CONDITIONS:

A minimum of 25 participants is required for the event to take place.

All reservations must be guaranteed by credit card.

50% of the total amount per room, including taxes, must be paid in advance at the time of booking. Reservations may be cancelled free of charge until 1 October 2024. After this date, in the event of no-show or early departure, the total amount of the reservation including taxes will be charged to your credit card.

The tourist tax is €1.80 per person per day, payable on departure.



CRILLON LE BRAVE

Located 40 km from Avignon, Hôtel Crillon le Brave is made up of 9 houses linked together by the village lanes and blends in seamlessly with the surrounding settings to create a corner of paradise. Away from the urban frenzy, this splendid 5-star hideaway is perfect for those seeking to reconnect with nature.

A labyrinth of 17th and 18th century buildings, covered in Virginia creeper, unveil a breathtaking panoramic terrace, swimming pool, bar, La Table du Ventoux restaurant, the Spa Tata Harper in the village's former stables and 34 rooms and suites designed by architect Charles Zana...

A timeless escape in the heart of the Vaucluse.





CONTACT

+33 (0)4 90 65 61 61

reservations@crillonlebrave.com

Place de l'Eglise
84410 Crillon le Brave, France

TRANSPORT

BY PLANE

- Marseille Provence Airport - 106 km

EN TRAIN

- Avignon TGV Train Station - 43km