

YOGA

R E T R E A T



THE POWER YOGA CO.

EST. 2007

Wellness Retreat

AT KUBE SAINT-TROPEZ

A detoxifying, healing and relaxing getaway combining the expertise of Mariel Witmond and Francois Marie Dru in the luxurious 5* Kube St Tropez hotel. Reboot mind and body, as well as sharing moments that will last a lifetime.

10TH TO 16TH MAY

The Retreat

The partnership combines the reach and expertise of PYC with the luxury and location of Kube. Offering clients the perfect way to relax and reconnect, our bespoke retreats harness the life changing powers of yoga, nutrition, mindfulness, relaxation, all in beautiful surroundings. Guests are invited to restore their souls, balance their lifestyle and take their yoga to the next level with the help of our dedicated team. You will leave stronger, healthier and filled with joie de vivre!

Our highly skilled teachers will challenge those who already have their own practice and support those who have only just begun. Between sessions, hang out by the pool, explore St Tropez or relax on the beach.

DATE

10TH TO 16TH MAY

KUBE HOTEL SAINT-TROPEZ

INSTRUCTORS

POWER & YIN YOGA ~ MARIEL WITMOND

SOUND HEALING ~ FRANCOIS-MARIE DRU



YOGA



Meet Mariel

Half English, half Mexican (with an American accent), Mariel has practiced ashtanga and vinyasa flow yoga around the world for over a decade. She shares a passion for life coaching and nutrition that together with yoga have become the pillars for her business Mindful Sonder – a holistic approach to wellbeing.

She teaches a dynamic yet playful class that takes you out of your overactive mind and into a meditative flow, combining breath and movement through creative sequencing to the rhythm of fun playlists. Her classes will leave you feeling balanced and reenergised for the day ahead.

QUALIFICATIONS

200 HRS ADVANCED RYT | 300 HRS VINYASA YOGA
30 HRS MANDALA | 50 HRS PRE NATAL
30 HRS ROCKET | 50 HRS YIN

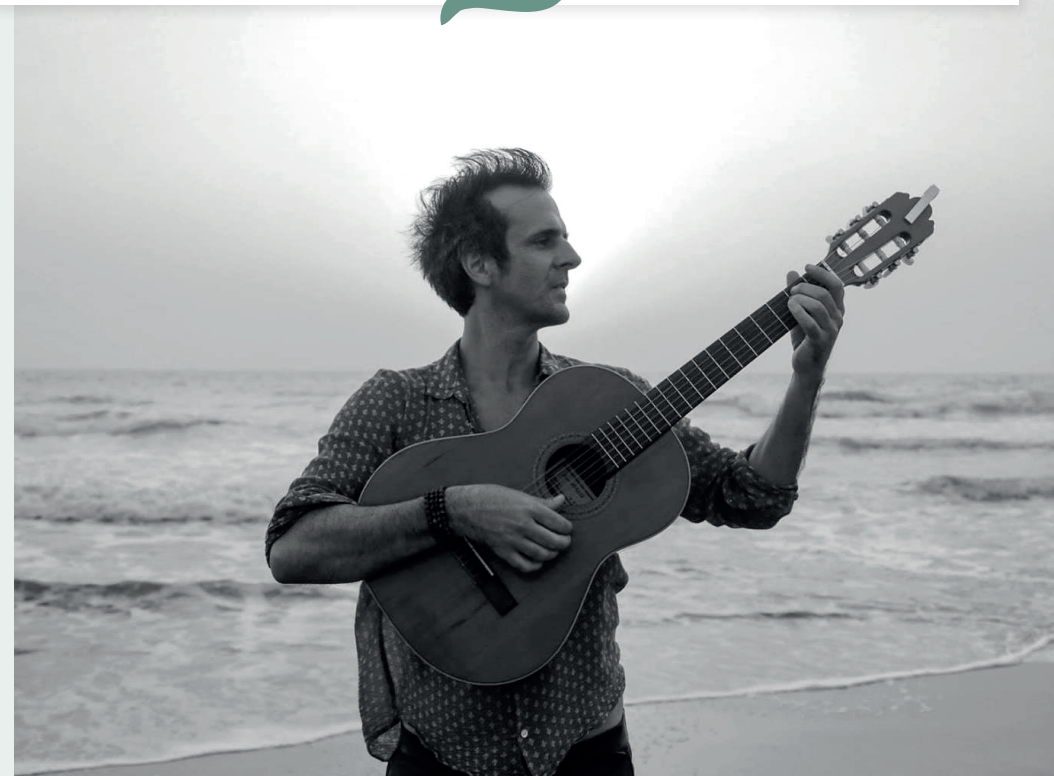
Meet François-Marie

Musician, composer and music therapist, François-Marie brings the healing power of sound to your practice. His Yoga of Sound harmonises the body through the therapeutic vibration of song and music.

This allows the cells of the body to heal, the heart to open and connects us to our inner source, of which sound is both the origin and the echo. Through Pranayamas and sacred songs he will rebalance your chakras and subtle body. It is as logical as it is intuitive, as earthly as it is heavenly, as human as it is divine

QUALIFICATIONS

GRADUATED FROM BERKLEE COLLEGE OF MUSIC IN BOSTON IN 2002.
CERTIFIED BY TAMA-DO ACADEMY IN 2014 IN SOUND HEALING AND THE USE OF THERAPEUTIC TUNING FORKS ON THE MERIDIANS OF TRADITIONAL CHINESE MEDICINE.



DAILY PLANNING

DAY 1

*Relax,
you made it!*

- 60^{MIN} POWER FLOW YOGA
- DINNER
- CHILL OUT IN ONE OF OUR BARS...



DAY 2

*Settle into
Paradise*

- BREAKFAST FROM 7^{AM}
- 10^{AM} 90^{MIN} POWER YOGA
- DAY BY THE POOL INC A YUMMY LUNCH
- 4^{PM} 60^{MIN} YIN YOGA
- 5.30^{PM} SOUND HEALING MEDITATION
- DINNER



Into the swing of things

- COFFEE AND FRESH FRUITS FROM **7^{AM}**
- **9^{AM}** 90^{MIN} POWER YOGA
- **10.30^{AM}** BRUNCH
- À LA CARTE ACTIVITIES
- **6^{PM}** 60^{MIN} YIN YOGA
- DINNER
- OUT TO ST TROPEZ FOR THE EVENING



DAY 3

DAY 4

Discover something New

- COFFEE AND FRESH FRUITS FROM **7^{AM}**
- **8^{AM}** 90^{MIN} MANDALA YOGA
- **10^{AM}** BRUNCH
- À LA CARTE ACTIVITIES
- **5.30^{PM}** PRANAYAMA/HEALING CHANTING
- DINNER AND EARLY TO BED !



Deepen your Practice

- COFFEE AND FRESH FRUITS FROM 7^{AM}
- 8^{AM} 120^{MIN} POWER YOGA & INVERSIONS
 - 10^{AM} BRUNCH
- À LA CARTE ACTIVITIES
 - 5^{PM} YIN YOGA
- 6^{PM} SOUND HEALING
 - DINNER

DAY 5



DAY 6

Make the most of it

- COFFEE AND FRESH FRUITS FROM 7^{AM}
- 8^{AM} 90^{MIN} POWER YOGA
 - 10^{AM} BRUNCH
- À LA CARTE ACTIVITIES
 - 5^{PM} CLOSING PRACTICE ENDING WITH A SOUND HEALING MEDITATION
- FAREWELL DINNER



Time to say
Farewell

- BREAKFAST FROM 7^{AM}
- SELF PRACTICE
- DEPART 12PM

DAY 7



RETREAT PACKAGE

£2500 - 3000€

ROOM FOR SINGLE OCCUPANCY

£1500 - 1800€

ROOM FOR SHARED OCCUPANCY

**per person*

INCLUDES:

- ✓ ROOM FOR 6 NIGHTS
- ✓ 2 TO 3 CLASSES PER DAY
- ✓ POWER YOGA, MANDALA, YIN, BREATHWORK AND SOUND HEALING MEDITATION
- ✓ EARLY MORNING COFFEE/TEA & FRUITS
- ✓ BREAKFAST & BRUNCH EVERY DAY *(except day 2)*
- ✓ ONE LUNCH
- ✓ DINNER EVERY DAY
- ✓ A WELCOME GIFT

DISCOVER

Saint-Tropez

ACTIVITIES :

THE OLD PORT & THE OLD TOWN OF SAINT-TROPEZ

THE PROVENCAL MARKET ON PLACE DES LICES (ON TUESDAY)

LEGENDARY PAMPELONNE BEACH

SHOPPING !

PADDLE

SHUTTLE :

TOULON AIRPORT

NICE AIRPORT

PORT OF SAINT-TROPEZ

PAMPELONNE

On demand : +33 (0)4 94 97 20 00



CONTACT



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