

BOOST YOUR ENERGY
IN THE SOUTH OF FRANCE
AT THE RELAIS DES ANGES

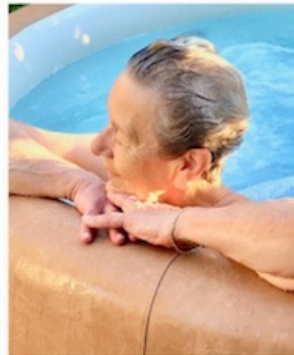
LET'S FLY TOGETHER!

JULY 7th - 12th, 2024

6 DAYS / 5 NIGHTS RETREAT

STARTING PRICE \$1850 / pers

Lodging/ Yoga / Meditation / Breathwork/ Ayurvedic Massage/Hiking/
Ice bath/ Cooking classe/ Evening activities



Program

- Yoga
- Meditation
- Holistic care
- Breathwork
- Massage
- Ice bath
- Hikes
- Cooking class
- Sound bath
- healing
- Evening activities
- breakfast and one meal

DISCOVER THE ART OF TAKING CARE OF YOURSELF DAILY AND REWIRE YOUR NERVOUS SYSTEM

Check in Sunday July, 7th, Registration 4:30 pm - 7:30 pm

Check out Friday July 12th (1 p.m.) 2024

Time to join us.

Founder of the holistic center and bed and breakfast in France "Le Relais des Anges", Brigitte invites you to take part of this well-being retreat "Boost your frequency".

A week of different activities to nourish your body, mind, and spirit with wellness professionals to boost and balance your daily life.

Immerse yourself gently in a soft, calm and warm setting by daily practices of yoga, meditation, hikes and healing energy and a healthy lifestyle with Brigitte Bruyez , Marc Sebire , Dominique Sadek and Maia our chef cook and other wellness professionals.



A WORKSHOP TO NOURISH BODY, SOUL AND SPIRIT through Yoga, breath work and meditation.

Teachings on the 7 Spiritual Laws of Success by Deepak Chopra taught by Brigitte Bruyez, a true vitamin for the mind and food for blade.

Yoga in sublime settings, for all levels.

Surrender in the hands of our Ayurvedic massage therapeutic Marc Sebire.

The pleasures of gourmet and colorful tables in a region extraordinarily rich in refined and varied flavors. The menus are homemade and vegetarian. Shared hearts and beautiful friendships are created.



PROGRAM

- Lodging (see option below)
- 5 breakfasts
- 5 vegetarians meals (lunch)
- Snacks (tea, herbal tea, fruit)
- Yoga every day (Royal , gentle and yin Yoga through the week)
- Aqua yoga
- Guided meditation
- Transformational, holotropic and regulation Breathwork
- Ice bath
- 1 Ayurvedic massage, abhyanga
- Different Walk of mindfulness, discovery of the terroir
- Dance
- Cooking lessons
- Daily hygiene care
- Swimming pool access
- Evening activities
- Concert of sound baths of the Crystal vessels, films...

Level of practice (Beginner, intermediate, advanced)

Yoga style

- Raja
- Restoring
- Yin
- gentle yoga
- chakra toning



Breathwork - Pranayama

- Dopamine breathing session
- Regulation breathing session
- Holotropic breathing session

Meditation style

- Mindfulness meditation
- Mindfulness
- Mantras



Energy healing (optional)

- Alignment of the chakras
- Reiki during the Breathwork session
- Abyangha Ayurvedic massage

Ice bath, amazing benefits

- Increases resistance to stress
- Strengthens the immune system
- Stimulates the will
- Boosts metabolism and can help with weight loss - Fight against diabetes and obesity
- Boost energy

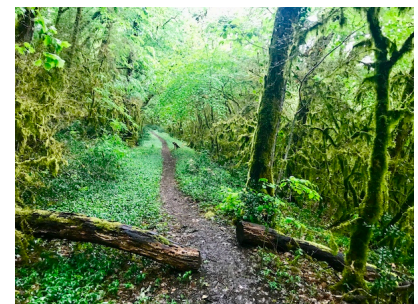


Other activities during the stay

- Conference on Kefir by Bernard Bruyez (father of Brigitte)
- Ayurvedic daily lifestyle
- 5 days of practice of the present moment, here and now

Nature walks/ Hiking

You can enjoy the natural environment, hiking in the vineyards and on the Causses as well as the path leading to the castle of Mercuès with its cliffs with Dominique Sadek.



The journey

- Check-in time: Day 1: 4:30 pm - 7:30 pm
- Departure time: Day 6 before 1:00 p.m. (Bagages must be out of the rooms by 11:00 am.)

Facilities

- Wifi
- Outdoor pool
- Ice bath
- Park
- Multilingual staff



Meals

- Vegetarian menu - Terrace

During this stay, one meal (lunch or diner, depending of schedule) and snacks are included in the price of retreat.

Our team offers balanced menus, a cuisine healthy, simple, colorful and vegetarian, based on the principles Ayurvedic combined with our way of life in the West, around a convivial table.



Vegetables and fruits are organic, mostly from the vegetable garden on the property, of Bernard (Brigitte's father), or local farmers.

All the cooking is homemade. Meals are taken on the terrace overlooking the park with a view of the swimming pool (weather permitting).

Activities outside the program:

Visit of villages or sites

Take the time to visit our region before or after your stay. You will be brought in another time until the 12th century.

- The Valentré , Medieval bridge
- Cahors (market and the old city)
- El Camino de compostel
- Sarlat
- St Cirq Lapopie
- The Lot, the river is navigable and you can go down it by canoe or kayak.
- Biking

Meals

- 5 breakfast
- 5 vegetarian lunches

- Snacks
- A healthy, tonic and organic fresh juice every day
- Unlimited teas and herbal teas

All our meals are fresh daily, organic and vegetarian.

For all allergies, let us know in advance.



ACCOMMODATION for the 5 nights: Le relais des anges

All our rooms are very comfortable, with a large private bathroom (walk-in shower), in each room.

The Relais des Anges offers several categories of accommodation.

The rooms are allocated according to the order of the registrations and availability.

Use our registration form below to validate your registration and return this email.

Breakfast and lunch (depending of program, diner can replace lunch at any time) included.

o Double occupancies, Shared room / shared bathroom

o Private room with king or double bed / private bathroom



Check in , on Sunday, July, 7th after 4:30 p.m.

Check out before 11 a.m. (rooms) , Friday July, 12th, on the day of departure.

Le Relais des Anges
Nos chambres et nos activités

Access at all times:

- Living room and dining room available with outdoor terrace and several relaxation areas are offered to you in the park.

- Pool open from 8:00 am to 10:00pm.

- Participants residing at the Relais des Anges and/or in the other gites, will have to leave their room free for 11h, the day of their departure. Luggage will be placed in the luggage room.

- The program is subject to change without notice.



What's included:

- Accommodation

- Breakfast for participants staying at the Relais des Anges
- One meal (Lunch or diner, depending of schedule)
- Snacks (Herbal teas)
- All activities, list see above
- Yoga sessions, meditation, relaxation every day
- Teachings, etc
- Breathwork|
- Hiking
- 1 Massage
- Energy transmission
- Concert of crystal vessels
- Cooking lessons
- Pool and ice bath access
- Conference on Kefir
- Evening activities

What's not included:

- International Transportation
- Transportation airport = The Relais des Anges(extras) (1h15 drive) (we can arrange the transport for you)
- Transportation train station = The Relais des Anges(extras)(10 min drive) (we can arrange the transport for you)
- Insurance
- Activities outside the Relais des Anges and not mentioned in the program.
- **Pick up at airport or train station:**
- Time of transportation will be organized by the transportation company. Extra fee.



LE RELAIS DES ANGES

Brigitte Bruyaz

REGISTRATION FORM

Name : First name : Date of birth:.....

Address:..... E-mail:

Phone :

Yoga practice: Beginner / Intermediate / Advanced

Package *Complete program with lodging, 6 days, / 5 nights, Breakfast included:

- o Double occupancies with single bed / shared bathroom: \$1850 / pers
- o Double occupancies with queen bed / private bathroom:\$ 2195/pers
- o Private room with king size bed / private bathroom : \$ 2300 / pers

Full payment at registration.

Participants residing at the Relais des Anges and/or in the other gites, will need to leave their room by 11:00 am, the day of their departure.

Luggage will be placed in the luggages room.

Cancellation:

- 200 euros retain for administration less than 90 days before retreat.
- Full refund or transferable to an other retreat more than 2 month before date of retreat.

The program is subject to change without notice.

For payment, please contact us, we will send the information for the payment method:

Brigitte Bruyez , WhatsApp: + 1 561 324 8729 Or + (33) 6 40 05 73 71 or email: contact@lerelaisdesanges.com

SIGNATURE:

DATE:

Please indicate if you are on treatment.

I have read all the information concerning the journey: YES (please circle)

CONTACT

Brigitte Bruyez

WhatsApp: + 1 561 324 8729

WhatsApp: +(33) 6 40 05 73 71

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498, Bis La Gran Rue, Mercuès, 46090 France

<http://www.lerelaisdesanges.com>

www.voyageaucoeurdeletre.com

instagram: brigittelerelaisdesanges

Reservation : contact@lerelaisdesanges.com

We are looking forward to welcoming you and sharing with you our art of life, through our teachings in love, joy, simplicity and conviviality around meals.



Brigitte Bruyez

Born in France, Brigitte Bruyez is above all an entrepreneur, a visionary, photographer, author, teacher, speaker, coach and certified breath coach. Meditation & yoga Teacher, master reiki.

Founder of the holistic wellness center and B & B, The Relais des Anges, in France.

"I am passionate to guide people in experiencing their inner radiance and embodying their true essence, on heart's healing path to live their most empowered life."



Marc Sebire

Born in France, is a sophrologist practitioner specializing in Mindfulness. He is trained in Ayurvedic massages and the fundamental principles of Ayurveda.



Dominique Sadek

Brigitte's assistante, she will guide you through those amazing mindfulness walk, to discover our country side. She is working at the holistic wellness center and B & B, The Relais des Anges, in France since 10 years.

TESTIMONIALS

- I have wonderful memories of our stay with you. A human richness, how good it is to live from time to time. I continue my little way in the knowledge of my being. Christina

- Thank you again a thousand times for having been at the origin of the impulses and unforgettable moments that you made us live and of which some find themselves in these photos. Danielle

- We shared our respective feelings with happiness as if to pursue all that we all shared together.

- Words are superfluous, but both of us have experienced moments of such intensity both in terms of human, only by the wealth you have known us teach, that it will remain a magical experience and extraordinary. Christine R

-I would like to thank you very sincerely because I must confess to you that a real change has taken place in me. This famous "damn" letting go that was simply impossible to do suddenly became crystal clear, and ever since a few weeks I feel freer, and so much better that I can't get over it. As if everything had become more simple, in my body and my mind. I don't say easy, but simple. All these extremely positive changes come most certainly from our meeting, that's why I wanted to take the time to send you this email for you, thank. Emily