



WELCOME TO:

C'EST *la vie*

WELLNESS & RETREATS

Detox Retreat

11-17 NOVEMBER 2022

C'EST *la vie*

On the grounds of Bel Air Tremblant Resort,

C'est la vie retreat offers to open a new cycle of your life
focused on prevention, healthy living
and the pursuit of wellbeing



We adopt a multidisciplinary and personalised approach
to our method of work

It is based on 3 dimensions of wellness:

Physical

Mental

Social

Physical

It begins with an examination crafted to reveal guest body's symptoms

According to the results, the specialists tailor a programme for the retreat to support guest detoxification process

Our culinary offering is seasonal plant-based menus tailored to your needs



It is a combination of nutrition, cleansing cuisine, massages and exercises.

Mental

Engaging through learning and practises

We will focus on conscious eating and inside cleaning

During daily sessions, you will learn the basics about macro-nutrient balance and the importance of your routine

You will also balance your mind and body through restorative yoga sessions and meditation





Social

Connecting with people who
share the same intentions

(the guests and coaches)

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We bring together conscious enthusiasts and motivated beginners alike to live
a transformative journey through living and nourishing food,
a selection of exercises and inspiring human connections



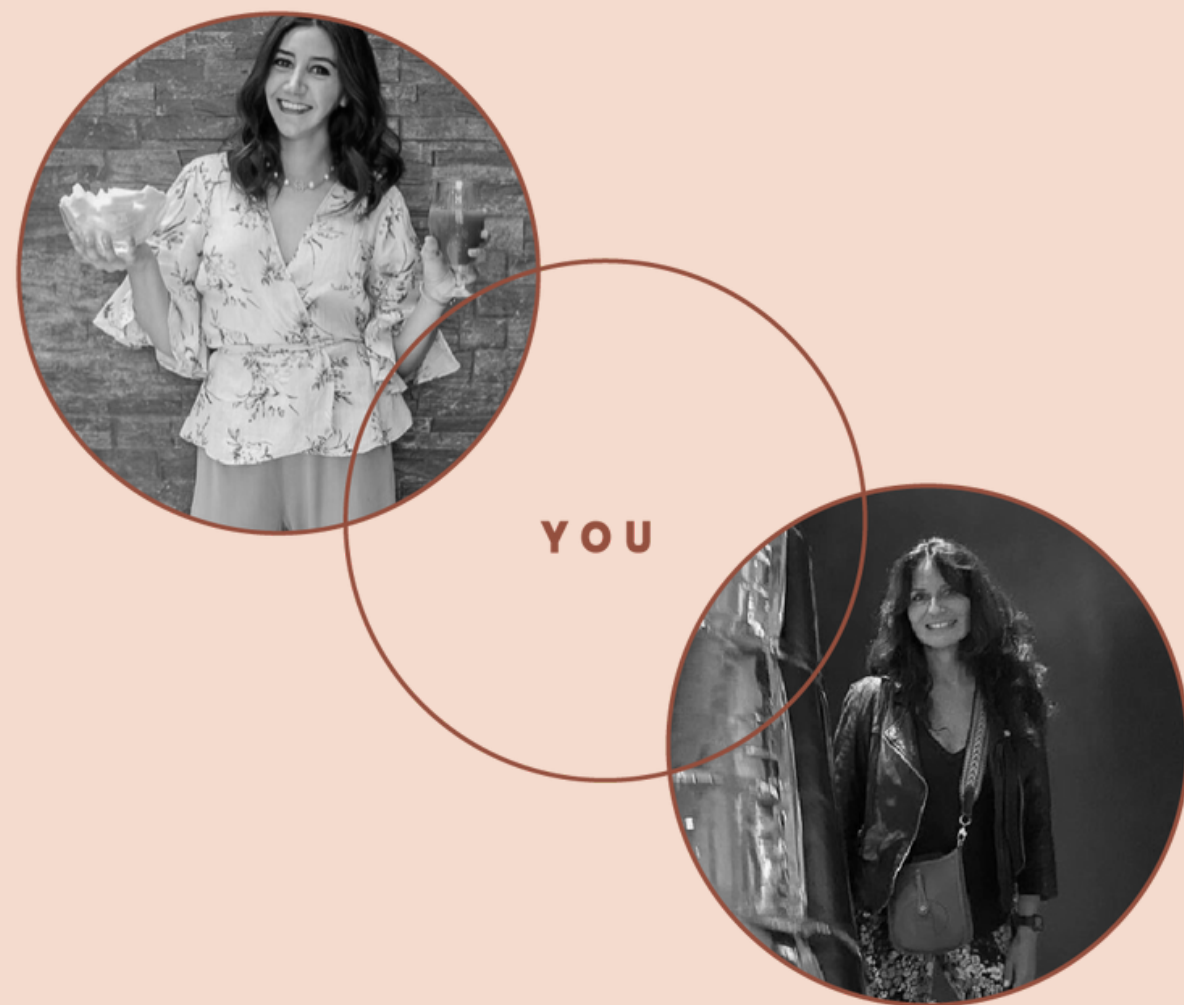
The plant based menus

prepared with passion and love,
are designed to give optimal plant-based nutrition and high energy

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TWO WOMEN *one mission*

THE *mission:*

To enhance your general wellbeing (and eventually loosing few pounds!)

To bring you awareness on your habits and to bring foundations on your new healthy routine

To restore your body with healing treatments, detox gourmet cuisine and daily schedule of wellness program (massages, yoga, fitness, hikes or outdoor adventure tailored for you)

To derive joy and happiness in your new life path (delightful and colourful food plates, fun activities, new exercises and lots of interactions)

To enjoy the company of participants and coaches



OUR *Differences*

- To offer long term solutions
- To personalise the retreat to each individual
- To share accurate knowledge and transformative experiences through explanations, masterclasses and workshops
- To create a protective environment where you can generate positive emotions
We help you build the intention of kindness for yourself and the others

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you don't have to worry about planning anything!

We map out your program with guest specific goals and needs in mind.
From your plates and drinks to your exercises and lectures allowing you to start a full mind and body
transformation

6 DAYS

Detox program

IT INCLUDES:

- Before the retreat, a detailed questionnaire will have to be filled and returned two weeks prior to the retreat
- 2 one- on- one consultations on the day of your arrival and before departure
- A nutritional recommendations guidance
- Lectures and plant-based cooking workshop, based on herbal medicine, healing wild foods, herbs, organic fruits and vegetables
- Three wellness/detox cuisine meals per person per night of stay (seasonal and local products when possible)
- Complementary healthy drinks, herbal tea according to your personal programme
- 5 massages (One massage per day)
- Exercise activities: Breath-work - Yoga - Body art – Hiking and more...
- Complementary use of pool, sauna and fitness centre at Bel Air Resort
- Accommodation in chalets and pods (each room has its own bathroom)

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IT DOESN'T INCLUDES:

- Travel expenses including the round-trip airport transfer
- Extra activities including spa treatments and other activities offered in Bel air resort and not included in your personalised retreat

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The Programme **Benefits**

It is beneficial to everyone, and in particular to those who wants to learn better habits and incorporate them

The objective is to start removing toxins from the whole body and eventually achieve a healthy weight through

The Anti-inflammatory C'est La Vie Method:

(Integral long term solution - healing foods - longevity exercise - massage - yoga - personalized herbal blend teas)

Special Price: US \$2900 or CAN \$3819

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C'EST *la vie* Daily programme of activities:



Breath work

Therapeutic breathing techniques for healing and transformation



Yoga

A unique blend of poses and sequencing to relieve stress, increase flexibility and gain strength



Restorative *yoga/meditation*

Gentle, healing practice to support deep rest and balance in the body



Body art

High intensity class to improve your mobility and the function of muscles

C'EST *la vie* Daily programme of activities:



Hiking

Active strolls to breathtaking views. A dynamic way to discover the surroundings



Massage

Gentle or strong pressure to the muscles and joints of your body to ease pain and tension



Lecture

Presentation and discussions designed to give you explanations and awareness on specific topics related to your practice during the retreat



Cooking *Class*

Life changing recipes made with ancestral and sustainable processes, full of nutrients and nature wisdom that will give your body what it needs to live its maximum level of health

Contacts for registration!

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