

C'EST *la vie*

WELLNESS & RETREATS

FLOURISH FOR LIFE

A retreat designed to cultivate your well-being and help you blossom into your best self today & tomorrow.

Flourish for Life retreat offers a transformative experience that nourishes your mind, body and spirit in a supportive and rejuvenating environment.

October 20-25, 2024

(Sunday to Friday)

Bel Air Resort, Mont-Tremblant, Quebec, Canada

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WHAT YOU CAN EXPECT



Beautiful Location: Immerse yourself in nature at a peaceful and luxurious resort surrounded by stunning scenery.

Holistic Activities: Participate in a variety of workshops and sessions designed to promote well-being. This could include yoga, meditation, mindfulness exercises, nature walks, or creative workshops....

Expert Guidance: Learn from experienced facilitators and wellness professionals who will guide you on your journey to self-discovery. They'll share practical tools and techniques you can integrate into your daily life.

Supportive Community: Connect with people who share the same intentions: (guests, coordinators and coaches) and share enjoyable moments and experiences.

Time for Reflection: Take time away from the daily grind to reflect on your life, set intentions, and create a personalized plan for flourishing.

Delicious and Healthy Meals: Nourish your body with delicious and nutritious plant-based meals prepared with fresh, local ingredients. Learn about healthy eating habits to support your overall well-being.

Relaxation and Rejuvenation: Enjoy some pampering spa treatments, unwind by the pool, or simply relax in your comfortable accommodations.

YOUR BENEFITS

**Learn how to stay young & healthy and to
put some disciplines in place to
get a change in behavior.**

1. Remove toxins from the whole body and learn how to eat right.
2. Slow down the aging process.
3. Keep a high level of hydration.
4. Get moving.
5. Be equipped with tools and techniques to manage stress, improve your health, and cultivate inner peace.
6. Connect with a supportive community that will continue to inspire you on your wellness journey.
7. Be filled with renewed energy and a sense of purpose to create a life you love.
8. Get back in touch with nature in unique location.



NOURISH

COOL

FIRM

CLEANSE & HEAL



Armelle MESGUICH

CEO & Founder of C'est la vie Wellness Retreat LLC.

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ABOUT OUR MISSION

Offer learning and transformative journeys through health coaching & wellness retreats.

Focus on prevention, healthy living and the pursuit of wellbeing.



Inhale your future and exhale your past.

During our retreats, our mission is to:

- Enhance the general wellbeing.
- Bring awareness on habits and bring foundations on new healthy routines.
- Restore the body with healing treatments, detox gourmet cuisine, and daily wellness program tailored to each individuals' needs.
- Derive joy and happiness in the new life path of the participants: delightful and colorful plates, fun activities, new exercises and lots of social interactions.

OUR UNIQUENESS



- To personalize 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.
- Unlike other retreats, at CLV, you don't have to worry about planning anything! We map out your program with your specific goals and needs in mind: from your plates and drinks to your exercises and indulgences allowing you to start a full mind and body transformation.
- To select unique and remarkable locations for our retreats.

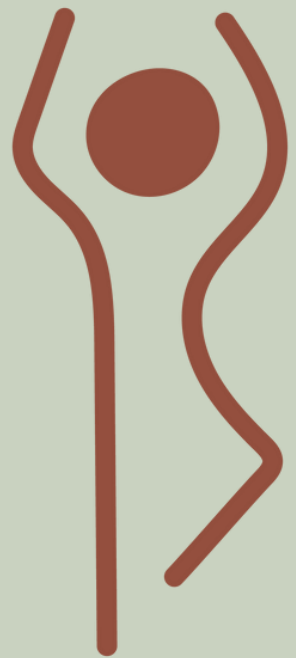
OUR

APPROACH

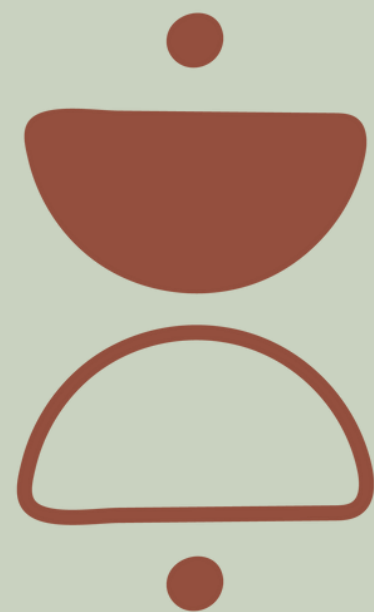
We adopt a multidisciplinary and personalized approach to our method of work.

It is based on 3 dimensions of wellness:

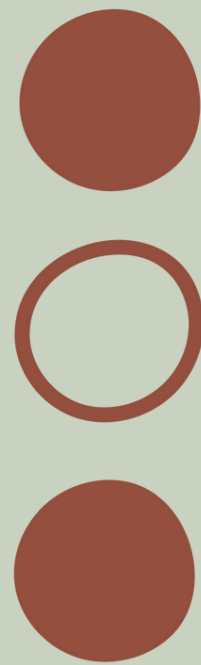
PHYSICAL - MENTAL - SOCIAL



PHYSICAL



MENTAL



SOCIAL

PHYSICAL



It is a combination of cleansing and nourishing cuisine, herbal teas and physical exercises.

It begins with an virtual CLV Wellness consultation crafted to better know our guests' physical condition, intentions and goals

According to the collected information and advanced recommendation from Medical Medium, the specialists tailor a program for the retreat to support guest requirements and needs.

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



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MENTAL



We focus on conscious eating and inside & outside nourishing and cleaning.

During masterclasses and workshops, you learn:

- To control the major factors that influence premature unnatural aging.
- To use food as medicine (the macro-nutrient balance).
- To take care of yourself inside out.
- To embrace new healthy habits.
- You also balance your mind and body through restorative yoga and meditation sessions and healing massages.

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Connect with like-minded individuals who are also seeking to improve their well-being.

Share experiences, build friendships, and find a sense of belonging.

SOCIAL



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RETREAT

LOCATION



C'est la vie Wellness Retreat settles down on the grounds of Bel Air Tremblant Resort.

www.belairtremblant.com

Nestled amidst the tranquil beauty of the Laurentian Mountainside, Bel Air Tremblant Resort is a 543 acre community resort shaped by limitless activities and year-round recreational opportunities.

Getting to Bel Air hotel Mont Tremblant is easy through Montreal's Trudeau International Airport from anywhere in the world!

Montreal is only 120 kms (75 miles) from Mont Tremblant or a 90 minute drive.

Bel Air 
Tremblant

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PLANT BASED MENUS



- They are prepared with purpose, passion and love.
- They are designed to give optimal plant-based nutrition and high energy.
- We choose nourishing food that:
 - Reduce inflammation including food that promote microbiome diversity.
 - Encourage healthy collagen production
 - Reduce oxidative stress by neutralizing free radicals
- We share eating strategies that increase autophagy or cellular turnover.

Your skin will receive nutrients, not only from creams and treatments, but also from a balanced diet, herbal teas and multivitamins.



RETREAT

INCLUDES:

PACKAGE PRICE

Single room: US \$2450 + taxes

Shared room: US \$1950 + taxes



INCLUDED:

- Before the retreat, a detailed questionnaire will have to be filled-in and returned two weeks prior to the retreat.
- 1 virtual one-on-one consultation before your arrival.
- Nutritional recommendations guidance.
- Masterclasses and workshops, focused on rejuvenation.
- Three wellness cuisine meals per person per night of stay (seasonal and local products when possible).
- Complementary healthy drinks, herbal tea according to your personal program.
- Massages.
- Exercise activities: Breathwork - Body art - Yoga- Hiking, Meditation and more...
- Complementary use of pool, sauna and fitness center at Bel Air Resort.
- Accommodation in luxury chalets shared with other guests.

NOT INCLUDED:

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

EXAMPLE

RETREAT DAY



- 7.30 am Good morning at the Juice Bar
- 8.00 am Getting ready for the first activities
- 8.45 am Group hike
- 10.30 am Group Breakfast
- 11.00 am activities
- 1.00 pm Group Lunch
- 2.00 pm Relax
- 3.30 pm Massage at the Spa
- 5.30 pm Workshop
- 7.00 pm Group Dinner
- 8.00 pm Meditation
- 9.00 pm Sleep Herbal tea and Bedtime

YOUR PROGRAM OF ACTIVITIES

BREATHING

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



HIKING

Active strolls to breath-taking views. A dynamic way to discover the surroundings

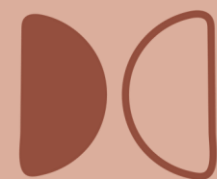


MASSAGE

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

MASTERCLASSES

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



WORKSHOPS

a variety of well-structured workshops to cater to diverse interests and needs within our retreat participants

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YOUR BOOKING PROCESS



SEND US AN EMAIL OR DM ON OUR INSTAGRAM ACCOUNT.

WE WILL CONTACT YOU AND ASK YOU TO FILL BOOKING FORMS, INCLUDING A HEALTH FORM.

AS PART OF THE BOOKING PROCESS,
WE WILL SET UP AN APPOINTMENT FOR A 30MN HEALTH CONSULTATION.

LOOKING FORWARD TO MEETING YOU.



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STAY

IN TOUCH

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@MYWELLNESSLIBRARY

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Bel Air 
Tremblant

"Sometimes it is necessary
to reattach a thing its loveliness." -Galway Kinnelle