



DIGITALE DETOX



CRILLON LE BRAVE

**FROM FRIDAY 8 TO
MONDAY 11 NOVEMBER 2024**

THE RETREAT

A weekend dedicated to disconnection and rejuvenation at Hôtel Crillon le Brave...

In the heart of Provence, take the time to disconnect from daily life and reconnect with yourself through creative and stimulating activities.

In the company of facialist Sylvie Lefranc and artist Sandrine Torredemer, take care of yourself, your spirit and your beauty. Indulge in deep relaxation in our creative workshops, where time seems to stand still.

Solo, as a couple or with friends, reconnect with yourself during this weekend dedicated to revitalisation.



WHO IS IT FOR?

This retreat is for those who want to reconnect with the mind and body. For a weekend, take a break from your phone and rediscover the pleasure of the senses. Alone or with others, you'll enjoy activities that we often overlook in our daily lives (reading, walking, puzzles, board games...). Enjoy the Provencal comfort of Hôtel Crillon le Brave, moments of well-being and creative or energising workshops for complete disconnection.

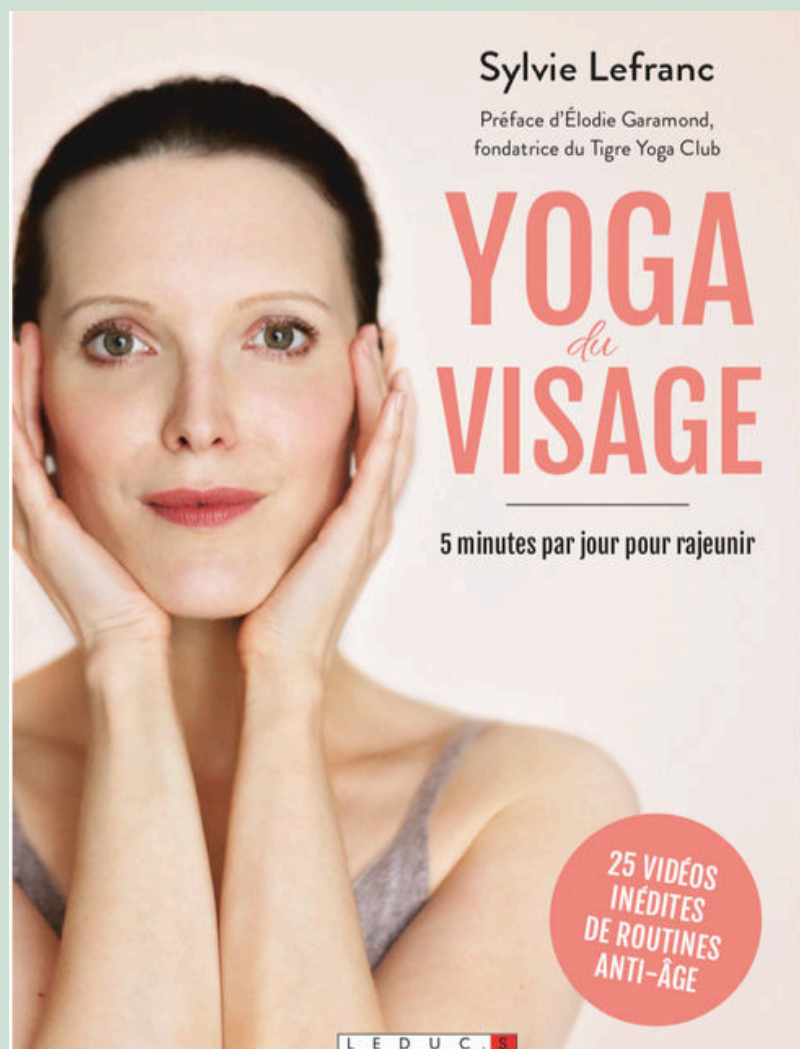
THE PROGRAMME:

Rediscover Provence with its autumnal colours over a weekend dedicated to your peace of mind. At the heart of this retreat, two facial yoga workshops led by facialist Sylvie Lefranc will restore your vitality and radiance while calming your mind.

To extend these caring moments, embroidery workshops led by artist Sandrine Torredemer will act as artistic therapy. These activities are complemented by breathwork and yoga workshops, and nature walks.

The facialist Sylvie Lefranc

Sylvie Lefranc has been a facialist and facial yoga expert for over 20 years. She has created a unique holistic method of facial yoga and offers advice and treatments designed to reveal the natural beauty of every face and give everyone the joy of being who they are and ageing well. She is the author of 'Je m'initie au yoga du visage', 'Yoga du visage', 'Mon coffret Beauté du visage' and 'Mes Secrets de Beauté Holistique', published by Leduc.



The artist Sandrine Torredemer

Sandrine Torredemer comes from a family of embroiderers, tailors, seamstresses, corsetière and wool sellers. Sandrine Torredemer was almost born with a needle in her hand. Inspired by scenes from everyday life, she helps us rediscover the art of modern embroidery, yet one that is as ancestral as her family heritage, with its mania for embroidering scraps and fabrics from here and there. Beyond recycling, her embroidery responds to today's aspirations for an art form that takes its time, at odds with instantaneity and super-production, a form of luxury in the slow pace of creation.



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FROM 8 TO 11 NOVEMBER 2024

FRIDAY 8 NOVEMBER 2024

PARTICIPANTS WELCOME THROUGHOUT THE AFTERNOON

6.30PM - 7.30PM: OPENING OF THE RETREAT WITH A SOUND THERAPY WORKSHOP BY COLLECTIF BE

8PM: DINNER AT LA TABLE DU VENTOUX

SATURDAY 9 NOVEMBER 2024

8AM: HATHA YOGA WITH COLLECTIF BE, FOLLOWED BY BREAKFAST

10AM: CHOICE OF EMBROIDERY WORKSHOP WITH SANDRINE TORREDEMER OR ETHNOBOTANICAL WALK

12.30PM : LUNCH AT LA TABLE DU VENTOUX

FREE TIME TO RELAX AS YOU WISH: READING, BOARD GAMES, PUZZLES, SPA TREATMENTS, ETC.

4PM: 'GENTLE' FACIAL YOGA WORKSHOP WITH SYLVIE LEFRANC FOLLOWED BY A SNACK

6PM - 7PM: BREATHWORK CLASS WITH COLLECTIF BE

8PM: DINNER AT LA TABLE DU VENTOUX

SUNDAY 10 NOVEMBER 2024

8.30AM: VINYASA YOGA FOLLOWED BY BREAKFAST

10.30AM - 11.30AM: FACE YOGA WORKSHOP 'TONING AND FIRMING' WITH SYLVIE LEFRANC

12PM: BRUNCH

2PM - 4PM: CHOICE OF EMBROIDERY WORKSHOP WITH SANDRINE TORREDEMER, OR HIKE

FREE TIME TO RELAX AS YOU WISH: READING, BOARD GAMES, PUZZLES, SPA TREATMENTS, ETC.

6PM - 7PM : END OF THE RETREAT WITH A SOUND THERAPY WORKSHOP COLLECTIF BE

7.30PM: DINNER AT LA TABLE DU VENTOUX



DATES & PRICES

From Friday 8 to Monday 11 November 2024

From €605 per person, per night

THE OFFER INCLUDES

3 nights' accommodation in the category of your choice

Daily meals

2 facial yoga classes

2 sonotherapy workshops

2 yoga sessions

1 breathwork class

1 embroidery workshop

And an activity of your choice:

1 ethnobotanical walk with a guide

or

1 guided walk around the Ventoux

IN ADDITION

- Transfers
- [Spa treatments](#)
- Drinks



BOOKING AND CANCELLATION CONDITIONS

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 14 days before the weekend. 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

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TRANSPORT

BY PLANE

- Marseille Provence airport - 106 km

BY TRAIN

- Avignon TGV Station - 43km