



PRÉSENCE & BALANCE

Unleash your best self : Yoga & Boxing

Connect to your inner peace and physical power

We have created a tailor-made program that combines the benefits of yin yoga and boxing to reconnect, relax, expand and empower mentally, physically & energetically so you can align with your fullest potential, with clarity and vision.

During 4 days, Ben and Abi will work in synergy to strengthen your physical and mental resources, expand your comfort zone, release mental blockages and increase your resilience to tackle life challenges and changes with more ease & joy.

Our program allows you to :

Increase your vitality and self-care

Create new empowering and relaxing routines

Strengthen self-confidence based on mental & physical alignment

Reconnect with yourself, your intuition, your instinct

Elevate your lifestyle for long lasting change

+ optional 30-minute Rejuvenation Treatments (additional cost)

This retreat includes : 3 personal appointments / training boxing / coaching / yin yoga & meditation / breathwork / personalized aromatherapy.

La Vigne de Ramatuelle

Nestled in the heart of the Ramatuelle countryside, this special place cultivates an art of living conducive to letting go with its refined suites, its infinity pool, its organic table and its vineyard. Everything here invites you to relax, to feel good and to enjoy yourself, in a setting that combines luxury and purity, in tune with nature.

From € 1.570 full board