YOGA & WELLNESS PROGRAMMING

Course *Descriptions*

01

Gentle Yoga

Yoga, breathing and meditation exercises adapted for participants of all levels and experience. A moment for yourself before starting the day — a break from the whirlwind of everyday life to regain a sense of grounding, balance and confidence, while maintaining good musculoskeletal health!

02

Energizing Morning

Everything you need to start the week on the right foot: a combination of cardiovascular and joint mobility exercises, energizing Wim Hof breathing (with anti-inflammatory benefits) and, for the more adventurous: will you dare to dip your feet into icy water for a boost of dopamine and noradrenaline before starting the week?

WHAT TO BRING

Water bottle, sandals and clothing appropriate for the season (some activities may take place outdoors). Towel provided.

03

Chair Yoga

Chair-based yoga, breathing and meditation exercises adapted for older adults or people with reduced mobility. This class will also appeal to people who work at desks and are looking for sequences they can do at the office or in front of a computer!

04

Senior Yoga

Mat-based exercises adapted for older adults or people with reduced mobility. Gentle yoga to help maintain mobility and flexibility, cardiovascular health, bone density, balance, endurance and concentration, while soothing aches and pains!

05

Weekend Reset Yoga

The perfect combination of decompression exercises, tension release and mindfulness to close out the week feeling confident and satisfied, and begin the weekend feeling refreshed and re-energized!

06

Pranayama & Meditation

A moment to reconnect with yourself through grounding, breathing and meditation exercises, fostering a soothing sense of inner calm, compassionate self-talk, and feelings of meaning, rootedness and belonging.

07

Twilight Meditation

Designed to guide you through the sometimes uncomfortable transition from day to night, especially during winter, this session offers a gentle blend of yoga nidra, breathing exercises and meditation that invite gratitude and contentment. A beautiful way to end the day and enjoy restorative sleep!

WHAT TO BRING
Clothing appropriate for the season (some activities may take place outdoors).

10

Therapeutic Movement

Backaches, neck pain, digestive issues, stiff joints… This class offers targeted exercises (stretching and strengthening) for common health concerns, along with visualization and pain-management exercises, to help you regain your full physical potential!

08

Wim Hof Method

A mind-body practice scientifically recognized for its anti-inflammatory properties and benefits for cardiovascular health, immunity, hormonal regulation, psychological balance, stress resilience, energy, and tolerance to pain and cold. Take an in-depth look at the science, principles and applications of this method, which combines breathing exercises, mental control and cold exposure. Whether you are new to the method or already familiar with it (see Wim Hof Method workshops), the goal is to master its techniques and develop a regular practice.

Each session includes a deeper exploration of the method's concepts and applications, following — but not limited to — a ten-week program; stretching, interoception and mental focus exercises; a guided breathing session; peer sharing; and, of course (always optional), a Nordic cold plunge!

WHAT TO BRING
Swimsuit, sandals, notebook and pencil. Towel and bathrobe provided.

For full details about the Wim Hof Method, visit www.wimhofmethod.com.

11

Post-Ski Recovery

Post-cycling, post-hiking, post-canoeing, post-golf… This class adapts to the season, offering exercises designed to support muscle recovery and help you appreciate the benefits of physical activity. Leave feeling light and revitalized!

09

Thermotherapy Workshop

Do you enjoy relaxing at a spa, but wonder about the benefits and applications of thermal therapy? Perhaps you're familiar with the thermal cycle — but immersing yourself in cold water is out of the question! And how do you manage your breathing in the heat of a sauna? Come learn about the many benefits of contrast therapy; the history and culture of saunas; their benefits, applications and contraindications; and experience a complete thermal cycle: sauna (sweating and detoxification), cold plunge (thermal shock) and, finally, recovery through guided meditation to help consolidate the benefits.

12

Prenatal Yoga

A gentle practice adapted to the needs of pregnant women, combining yoga poses, breathing exercises, mobility and relaxation. A moment to care for your body, relieve tension, develop body awareness and connect with your baby, while preparing calmly for childbirth.

13

Pilates

A method that combines muscle strengthening, mobility and movement control to build a stronger, more stable and balanced body. Through precise, controlled exercises and focused breathing, Pilates helps strengthen deep muscles, improve posture, develop flexibility and promote greater body awareness.

14

Yoga Nidra

A guided deep relaxation practice, often called "yogic sleep." Through breathing, visualization and an inner journey, this method invites the body to relax completely and the mind to find a state of calm and ease. A moment to slow down, release tension and restore inner balance.

Reserve your *session*