

Wellness Retreat – Ramatuelle

16th until 22nd of SEPTEMBER





Wellness Retreat

Aminata St Barth Wellness is pleased to welcome you to our first Wellness Retreat in France. Enjoy a relaxing, tonifying, rejuvenating, and novel South of France experience.

Located in the hills of Ramatuelle, the secluded La Vigne de Ramatuelle overlooks the mountains, vineyards, and ocean, making it the ideal setting for an intimate wellness experience. This 6-night Wellness Retreat will have you glowing both inside and out. Morning yoga classes, afternoon nature hikes, energy and emotional blockage massages, goal-setting sessions, meditation, nutrition consultation, and organic plant-based meals and beverages await you.

Price is all-inclusive and exclusive with just a few spots available. The Wellness Retreat includes: Toulon airport transfer to and from property, private or shared room, daily yoga classes, daily hikes, organic plant-based meals and beverages, massages, meditation, personal development, and local tax.



Retreat Leader

Aminata Clason-Diop is a Certified Health Coach, Certified Yoga and Stand Up Paddle Yoga Teacher, and Certified Raw Food Chef.

She is the driving force behind the Wellness Retreat, and creator of *Aminata St Barth Wellness*, the leading wellness company in St Barth offering an integrated approach to wellness. Group and private activities combine with nutrition, personal development, and culinary experiences, to create a holistic 360-degree take on wellness.

In addition to hosting wellness retreats in France and in St Barth, she runs a monthly membership based Wellness Club, is the exclusive wellness partner of *Hotel Eden Rock – St Barths*, and recently launched a line of cold-pressed juices, superfood smoothies, and booster shots.

After attending various retreats around the world, finding they all were missing one element or another, she now has created a new version of a wellness retreat where all aspects are taken into consideration.

Her philosophy is to purify both inside and out in a mindful way and in a beautiful and inspiring environment.

La Vigne de Ramatuelle





Sample Day

6:30am Alkaline Water

Lemon, mint water

7:00am Yoga

90-minute class

9:00am Breakfast

Spinach, kale, apple, lemon, ginger juice and turmeric shot
House-made coconut parfait, fresh berries, gluten-free granola

10:30am Massage

75-minute energy healing massage

12:00pm Lunch

Roasted carrots, almond-tahini
Cali flower tabbouleh, garden vegetables

2:00pm Downtime

Lounge by the pool, nap in your room, or swim at the beach

4:00pm Hike

120-minute nature hike

7:00pm Dinner

Portobello mushroom, wild rice, asparagus, pine nut mustard
Cacao truffles, nut cream, chocolate syrup

* All menu items are organic and free of gluten, lactose, and processed sugar

Details

Meals and Beverages

- 6 alkaline waters
- 6 cold-pressed juices/smoothies
- 6 booster shots
- 6 plant-based breakfasts
- 6 plant-based lunches
- 6 plant-based dinners

Activities

- 6 90-min group yoga classes
- 2 30-min private yoga classes
- 5 120-min group nature hikes
- 2 60-min group intention and goal sessions
- 2 60 min group meditation circles
- 1 60-min private nutrition consultation

Spa Treatments

- 2 75-min energy/emotional blockage massages

Other

- Private or shared room on property
- Downtime by the pool or at the beach
- Ground transport to and from property

Pricing

Please kindly note that a limited number of spots are available. There is a 500 € deposit to reserve your spot. Balance is due April 12th 2018. Before booking your Paris-Toulon flight, please contact us for potential special group rates.

Wellness Retreat May 21st – 27th 2018

Double	Single
2 400 € per person	2 700 € per person

Recommended Flight Paris-Toulon (Air France)

Arrival: 3:35pm AF 7506 / Departure: 4:20pm AF 7507

Contact

For any inquires regarding the above options or to make a reservation, please contact our retreat leader, Aminata Clason-Diop at aminata@aminatastbarthwellness.com.

Cancellation and Amendment Policy

All prepayments are non-refundable in case of cancellation or amendment. Should a reduction of nights be requested, or in case of no-show or early check-out, the full-stay charge still applies. Requests to cancel or adjust previously confirmed reservations will only be considered by written request to Aminata Clason-Diop.

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