



PROVENCE ESCAPE

ESCAPE FROM THE HUSTLE AND BUSTLE OF DAILY LIFE AT OUR **PROVENCE ESCAPES** IN GRAMBOIS, PROVENCE/FRANCE, A PLACE LIKE PARADISE FOR ENERGY, PEACE AND INNER HARMONY. OUR PRIVATE ESTATE WITH FORESTS, SWIMMABLE LAKE, OLIVE TREES, LAVENDER FIELDS, SWIMMING POOL GIVES YOU THE OPPORTUNITY TO DESTRESS, DISCONNECT AND DETOX - IN THE SUN OF SOUTHERN FRANCE. **DAILY CLASSES OF PILATES, YOGA, RUNNING AND WALKING HELP YOU TO REJUVENATE YOUR BODY, CALM YOUR MIND, RESTORE YOUR BODY'S NATURAL BALANCE AND GET BACK YOUR ENERGY.** WHETHER YOU'RE AN ADVANCED BEGINNER OR INTERMEDIATE OUR EVENTS OFFERS YOU INTENSIVE CLASSES TO DEEPEN YOUR PRACTICE IN PILATES & YOGA, BRING YOUR LEVEL TO THE NEXT BY DOING AN INTENSE WEEK OF TRAINING AND GET NEW INSPIRATION FOR BODY AWARENESS AND MORE.

OUR VENUE

OUR VENUE IS A PRIVATE ESTATE LOCATED IN GRAMBOIS IN THE HEART OF THE PROVENCE/FRANCE. THE 35 HECTARE PROPERTY WITH BEAUTIFUL VIEWS OF THE DISTANT MOUNTAINS IS THE PERFECT DESTINATION FOR PILATES & YOGA PRACTICE, RUNNING, HIKING AND MEDITATION, ASIDE OF YOUR HECTIC DAILY LIFE AT HOME. THE HUGE VENUE OFFERS THE POSSIBILITY FOR YOU TO ENJOY TIME WITH THE GROUP OR TO TAKE TIME FOR YOURSELF, AT A LOCATION WITH SERENITY, BEAUTY AND AN ENVIRONMENT CONDUCIVE TO RELAXING AND SPIRITUAL DEVELOPMENT.



THE EVENT PROGRAM

YOU WILL BE ACCOMMODATED IN THE ROOM OF YOUR CHOICE IN OUR PRIVATE ESTATE FOR 7 NIGHTS - ALL ROOMS HAVE A PRIVATE BATHROOM. WE OFFER 2 CLASSES PER DAY PLUS ADDITIONAL ACTIVITIES AND OPTIONAL EXCURSIONS.

ALONGSIDE OUR DAILY TRAINING WE WILL HAVE TIME TO DISCOVER THE LANDSCAPE AND VILLAGES AROUND AND DO SOME SIGHTSEEING. OUR PRIVATE COOK WILL PREPARE HEALTHY, LIGHT AND FRESH FOOD FOR US,



INCLUDING A LITTLE FRESH BREAKFAST, A BRUNCH AND A DELICIOUS DINNER. PLEASE SEE DETAILS & CONDITIONS IN OUR REGISTRATION FORM.

“THE MIND, WHEN HOUSED WITHIN A HEALTHFUL BODY, POSSESSES A GLORIOUS SENSE OF POWER.”

JOSEPH PILATES

ACCOMMODATION

YOU CAN CHOOSE BETWEEN 3 OPTIONS: DOUBLE ROOM, TRIPLE ROOM, QUADRUPLE ROOM (ALL PERSONS IN SINGLE/SEPARATE BEDS). EACH ROOM HAS ITS OWN BATHROOM. PLEASE INDICATE ON YOUR REGISTRATION WITH WHICH PERSON/S YOU WOULD LIKE TO SHARE A ROOM.



TRANSPORT & ARRIVAL/DEPARTURE

THE TRANSPORT TO GRAMBOIS, PROVENCE HAS TO BE ARRANGED AND PAID INDIVIDUALLY BY EACH PARTICIPANT AND IS NOT INCLUDED IN THE PACKAGE PRICE OF THE EVENT.

YOU HAVE THE POSSIBILITY TO ARRIVE BY CAR (WE WILL ASSIST YOU TO ARRANGE CAR SHARING FROM TRIER AND LUXEMBOURG WITH OTHER PARTICIPANTS), BY TRAIN (TGV FROM LUXEMBOURG VIA PARIS TO AIX-EN-PROVENCE) OR FLIGHT TO MARSEILLE (NEAREST AIRPORT). THE CHECK-IN ON SATURDAY WILL BE FROM 4 PM AND CHECK-OUT ON SATURDAY BEFORE 10 AM.

PACKAGE PRICE

THE PACKAGE PRICES INCLUDE THE MENTIONED SERVICES IN OUR REGISTRATION FORM (SEE "SERVICES"). ADDITIONAL COSTS FOR TRANSPORT TO/FROM GRAMBOIS/FRANCE AND TRIPS DURING THE WEEK.

DOUBLE ROOM 1,350.00 EUR/PERSON

TRIPLE ROOM 1,250.00 EUR/PERSON

QUADRUPLE ROOM 1,200.00/PERSON



PLEASE NOTE THAT THE EVENTS ARE EXCLUSIVE PRIVATE WEEKS WITH A MAXIMUM OF 12 PARTICIPANTS PER EVENT.



DAILY PROGRAM

08.30 FRUITS AND TEA

09.00 PILATES OR YOGA SESSION 60 – 90 MIN.

11.00 BRUNCH

16.00 SNACK

17.30 PILATES OR YOGA SESSION 60 - 90 MIN.

19.30 DINNER

BOOKING & INFORMATION

ANKE MEYER

AM.CONCEPTS / TRAINING & EVENTS

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“HAPPINESS IS NOT SOMETHING READY MADE. IT COMES FROM YOUR OWN ACTIONS.”

DALAI LAMA