

CHIC RETREAT PROVENCE, FR.

APRIL 16-20, 2024

APRIL 16 (TUESDAY)

1pm-3pm Welcome, Arrival, Let's Eat, Charcuterie + Tour Château

3pm-6pm Check in (3pm or 4pm), Relax + Settle in

6pm-7pm Happy Hour (Sips + Stories)

7pm-8:30pm Dinner - Gourmet Grab + Go

8:30pm-9:30pm Connections 'Power Hour'

10am-11am Movement - WJR

APRIL 17 (WEDNESDAY)

7am-9am Breakfast, Slow Morning, Coffee, Walk/Movement

9am-11am Yoga (50 minutes)

11am-12pm Workshop 1: Authentic Values/Authentic Living

12.30pm-1.30pm Workshop 2: Dreams to Reality: Goal Setting

1:30-3:30pm Lunch/Break + Downtime

3:30pm-4:30pm Experience: Wine Tasting

5pm-5.45pm Breath-work (45 mins)

6pm-7pm Happy Hour

7pm-8.30pm Dinner - Restaurant

8.30pm-9.30pm Connections 'Power Hour'

APRIL 18 (THURSDAY)

7a-10am Breakfast, Slow morning, Coffee + Connect + Movement

11am-12pm Photoshoot - Headshots

12pm-1pm St Tropez Transport Shuttle - Boat (12/1230pm)

1:30pm Lunch @ Dior Cafe

3pm-5pm St Tropez Adventures (walk/shop/explore) Own Time.

5pm-7:30pm Beach Club 55 (optional - Extra cost) Snacks/Drinks

8pm-10pm L'Opera (optional - Extra cost) / Dinner

8pm and/or 10pm Uber to Château

10am -11am Check-out Shuttle

CHIC RETREAT PROVENCE

APRIL 16-20, 2024

APRIL 19 (FRIDAY)

7am-9am Breakfast, Slow morning, walk + connect

9am-11am Movement + Mental Reset, Vineyard Walk

11am-12pm Workshop 3: Empower your Inner Confidence

12pm-1pm Workshop 4: Unshield Your Heart: Mastering Graceful Communication

1:30-4pm Lunch/Break + Downtime

2:00pm-3:00pm Experience: Bread Making

4pm-4:45pm Sound Bath (45 mins)

6pm-7pm Happy Hour

7pm-8.30pm Dinner - Restaurant

8.30pm-9.30pm Connections 'Power Hour'

APRIL 20 (SATURDAY)

7am-9am Movement, Breakfast, Connections

9am -11am Check-out + Goodbyes

11am-12pm Departures/Shuttles (check out by 11am)