

HÔTEL LA PONCHE

YOGA & WRITING RETREAT

SAINT-TROPEZ

NOVEMBER 17TH - 20TH





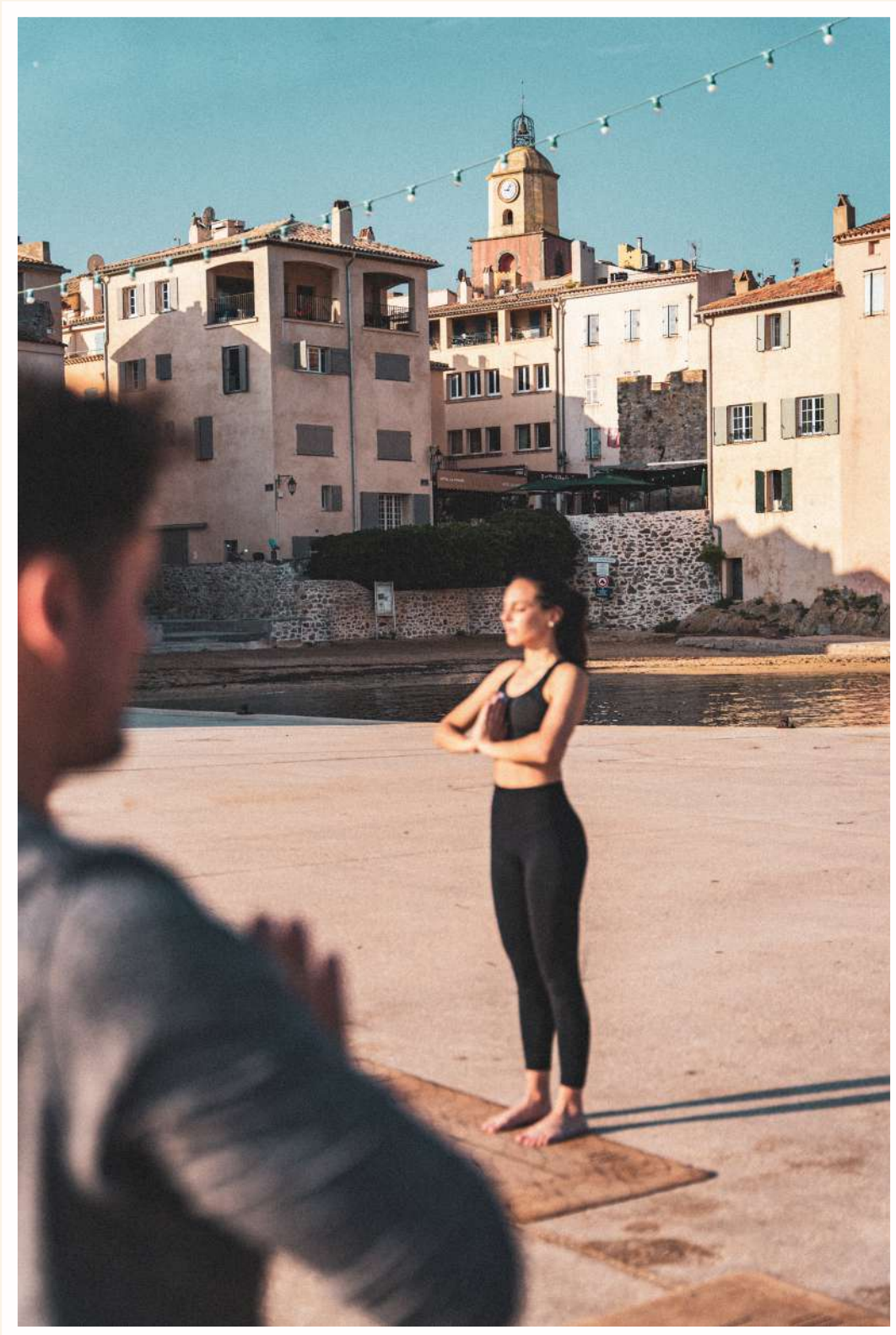
YOGA & WRITING RETREAT AT THE HÔTEL LA PONCHE

WITH ÉLODIE GARAMOND & LILIA HASSAINE

In the heart of the old village of Saint-Tropez nestles a little paradise. La Ponche is an exceptional setting, between luxury and authenticity, a mythical boutique hotel where you can feel the delightful and slightly nostalgic charm of the glamorous, elegant and artistic years of Saint-Tropez... Open until January 1st, the Hôtel La Ponche offers a refuge to let go before reconnecting to the energy of the city.

It is in this eden that we welcome you from Thursday, November 17 to Sunday, November 20 for a four-day Yoga & Writing retreat led by Élodie Garamond, founder of the Tigre Yoga Club, and writer Lilia Hassaine. Four days to get through the winter in the sweetness of the Tropezian lifestyle, four days to accept and transform your emotions through words, four days to untie your body with kindness and patience, with tenderness and attention, four days to walk, breathe, write, meditate, stretch, listen to the sea...

"I thought of the writing workshops as an extension of Élodie's yoga practice. The exercises will be an opportunity for introspection, a dive into the meanders of your imagination and your dreams. Like yoga, writing is spiritual, inner. Language changes when the body changes. Words listen, they reflect your state of mind and your state of soul. During the hours dedicated to writing, I will try to make you feel how much each story deserves to be told, researched, worked on because it says something about yourself, your obsessions and your past. Your unconscious will be your guide. The mission of the workshops will be to give you the keys." Lilia



"Emotions are messengers. They are there to tell us that we need to take strong action, in our lives and in our relationships with others. Just as it takes time to build muscle, it also takes time to strengthen our ability to welcome and respond to our emotions instead of running away from them. Welcoming them fully will help us find creative solutions and enjoy every moment of our lives." Élodie

SCHEDULE

Thursday, November 17

- **11:30am** - soft yoga
- **1pm** - opening circle and writing of intentions
- **1:30pm** - lunch
- **3pm** - writing workshop: exploring obstacles and emotions
- **6pm** - yin yoga
- **8pm** - dreamers dinner (discussion on writing about dreams)

Friday, November 18

- **7:30am** - writing about "my dream"
- **8am** - sunrise pranayama and meditative walk
- **9:30am** - breakfast and dream reading
- **10:30am** - free time and emotional writing
- **12pm** - soft yoga
- **1:30pm** - picnic lunch
- **afternoon** - free time: massages, discussions and writing
- **5pm** - meditation and yin yoga
- **7pm** - dinner
- **9pm** - writing evening: emotions and otherness

Saturday, November 19

- **7:30am** - sun salutation, pranayama and meditation
- **9am** - breakfast
- **10am** - writing and discussion about emotions
- **12pm** - option: silent walk
- **1pm** - reading lunch and text sharing
- **2:30pm** - hands-on workshop: writing techniques
- **4:30pm** - free time: massages, discussions and writing
- **7:30pm** - dinner

Sunday, November 20

- **8:30am** - Vinyasa flow, pranayama and meditation
- **10am** - free writing
- **11:30am** - brunch
- **1pm** - guided writing: emotions of the weekend
- **2:30pm** - reading of the texts, discussion and closing circle
- **4:30pm** - departure

Rates and booking

Information and booking: direction@laponche.com

Retreat rates 4 days / 3 nights: activities + meals + housing + transfers airport/hotel + 30-minute massage

Solo: 1650€

Duo: 1130€ per person

Flights recommended from Paris

Transavia Paris-Toulon - Thursday 11/17: 7:25am

Transavia Toulon-Paris - Sunday 11/20: 3:25pm or 9:05pm

(the schedule will be adapted to everyone depending on the return flights)

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ÉLODIE GARAMOND, FOUNDER OF THE TIGRE YOGA CLUB

Founder of Le Tigre and yoga teacher, Élodie Garamond is the author of several books published by Flammarion. Her latest book, Yoga, Un Art de Vivre, released in February 2022, is an encyclopedia dedicated to yoga. Sharing this ancient discipline through retreats, workshops and events has been her passion for many years. She also presides over the Union des Professionnels du Yoga and hosts Le Tigre Yoga Play, the #1 platform in France for online yoga classes, as well as Les Conversations du Tigre, an educational podcast dedicated to yoga lifestyle.



LILIA HASSAINE, WRITER

Lilia Hassaine is a journalist, screenwriter and novelist. At the age of 27, she published her first novel, L'Œil du Paon, in Gallimard's Blanche collection. In September 2021, her second novel Soleil Amer was shortlisted for the Prix Goncourt. It has since been translated into five languages, and is currently being adapted for film.

