



WINTER
22-23

les 3 vallées

INFINITE
MOUNTAIN
EXPERIENCES

Zen Altitude

25 MARCH TO 7 APRIL

IN PARTNERSHIP WITH BONNEVAL®

TWO WEEKS OF WELL-BEING IN THE HEART OF LES 3 VALLÉES

SATURDAY 25 MARCH

- 11am to 12pm:
Brazilian dance with Cler
📍 Restaurant La Terrasse du Mottaret
- 2pm to 2.30pm:
Cuddle therapy with the animals at Maya - Free
📍 Ranch Nordique

SUNDAY 26 MARCH

- 10am to 4pm:
Yog' Ayurveda De-stress, Detox Day, walking & self-massage with Corinne B
📍 Tueda - Free

- 6pm to 8pm:
Documentary film & talk «Country goodwill»
Price of a cinema ticket
📍 Mottaret cinema

MONDAY 27 MARCH

- 10am to 12pm:
Walk & yoga «Listening to the silence» with Marcela
📍 Altiport forest
- 2.30pm to 4pm:
Mindful breathing circle with Pauline 📍 Maison de la Réserve

TUESDAY 28 MARCH

- 9.30am to 12pm:
Guided Meditation and Shamanic Drumming Journey with Rachel - Free
📍 Tueda
- 2.30pm to 4pm:
Yoga Dance Fusion with Nathalie - 20€ 📍 Mottaret Tourist Office

WEDNESDAY 29 MARCH

- 9.30am to 12pm:
Guided meditation with drums and facial reflexology with Rachel and Corinne - Free 📍 Tueda
- 2.30pm to 4pm: **Vinyasa Yoga** with Pauline 📍 Altiport



SALOMON

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VICOMTE A.
PARIS

THURSDAY 30 MARCH

- **10am to 11.30am:**
Infusions made from local plants with Eglantine - 12€
📍 Mottaret Tourist Office
- **2.30pm to 3.30pm:**
Diet workshop with Alexia
📍 Auditorium Hall
- **5pm to 7pm:**
(15 mins) **Lymphatic drainage and anti-cellulite massages** with Noémie
📍 Mottaret Tourist Office

FRIDAY 31 MARCH

- **11am to 12pm:**
Brazilian dance with Cler
📍 Tueda
- **5pm to 7pm:**
(15 mins) **Lymphatic drainage and anti-cellulite massages** with Noémie
📍 Mottaret Tourist Office

SATURDAY 1 APRIL

- **2pm to 2.30pm:**
Cuddle therapy with the animals at Maya - Free
📍 Ranch Nordique

MONDAY APRIL 3

- **10am to 12pm:**
Land art and Zen garden on snow with Alexia 📍 Tueda
- **2pm to 2.30pm:**
Cuddle therapy with the animals at Maya - Free
📍 Ranch Nordique
- **3pm to 4pm: Interactive talk «Dare to speak» and communication game** with Marcela - Access on foot or skis
📍 Relaxation chalet at Saulire mid station

TUESDAY 4 APRIL

- **11am to 1pm:**
«Crusine « (raw cuisine) workshop with Marie - 15€
📍 Auditorium

- **2pm to 2.30pm:**
Cuddle therapy with the animals at Maya - Free
📍 Ranch Nordique
- **3pm to 3.30pm or 3.45pm to 4.15pm:**
Coherent Breathing group practice with Christine - Free participation 📍 Mottaret Tourist Office

WEDNESDAY 5 APRIL

- **9.30am to 11am:**
Introduction to hip hop dance with Folie Douce choreographers and dancers
- **2pm to 3.30pm:**
Prana'Danse with Corinne B
📍 Tueda
- **4pm to 5pm:**
Yoga for children and families with Corinne B
📍 Tueda

THURSDAY 6 APRIL

- **9.30am to 12pm: Guided meditation with drums and Bach flowers** with Rachel and Corinne - Free
📍 Tueda
- **2.30pm to 4.30pm:**
Workshop on gestures of a Hebrew letter linked to Marseille tarot cards with Christine 📍 Mottaret Tourist Office

FRIDAY 7 APRIL

- **9.30am to 12.30pm:**
Massage, Shiatsu & Yoga ritual with Magali 📍 Maison de la Réserve
- **1.30pm to 4.30pm:**
Herbal tea, Zen snack and lounge area with the Tourist Office and the ESF
- **Relaxing seated massages** with Françoise
- **Cosmetic-making** in Mottaret on the snow

EVERY DAY

Treat yourself to a Méribel yoga mat for 10€, available from the Tourist Offices.

CONTACT THE INSTRUCTORS

(workshops by reservation)

Alexia +33 (0)6.74.31.30.16

Eglantine +33 (0)6.71.41.10.64

Folie Douce

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Rachel +33 (0)6.70.40.21.78

Rachel and Corinne

+33 (0)6.70.40.21.78

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Where no price is given, the activity is free. **If it rains**, please contact the organiser to learn alternative venue.

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• La Terrasse

Relaxation Meal Starter

Starter: 12€ Gaspacho or Trout Tartar / Main course: 19€ Vegetable farandole with aromatic broth and scrambled egg or poke bowl / Dessert: 9€ Blueberry pavlova or lemon meringue pie.
+33 (0)4.79.08.35. 95

• **Clos Bernard** wellness menu

1 cocktail + 1 starter with a glass of wine + 1 main course with a glass of wine + 1 dessert + 1 herbal tea. +33 (0)4.79.00.00.07 / 85€

• **Detox cocktail at l'Abreuvoir**

• **Spa Alpen Ruitor** in

Zenitude mode 20% off spa entry fee.