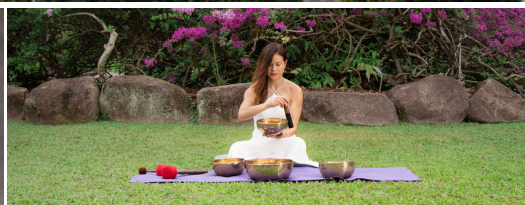
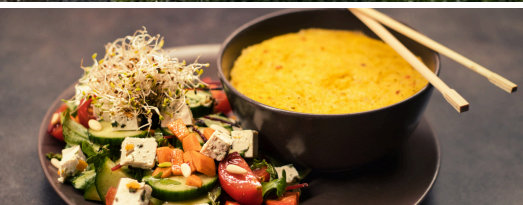


RELEASE, RENEW, REVIVE RETREAT

@ Chateau D'Andert | July 3 – 6, 2025

Join us for 4 days and 3 nights of deep restoration, guided by our holistic health coach Claire Bostock. Enjoy a carefully curated program that will blend healing, movement, stillness, with ample time to disconnect from the outside world.



RETREAT INCLUSIONS :

- Accommodation (3 nights)
- 3 meals a day
- Arrival day dinner, departure day breakfast & lunch
- Pre-arrival consultation with Claire
- 2 x 60 mins acupuncture session with Lucy
- 1 x 60 mins Massage with Doshan
- 1 x 60 mins choice of Holistic Health Calibration or Singing Bowl Therapy with Claire
- Transformational breathwork session with special guests
- Daily wellness workshops & guided practices
- Access to steam room, Sauna, outdoor Jacuzzi and pool

HIGHLIGHTS



Singing bowl therapy, acupuncture, and massage



Breathwork workshop with bestselling author Luke Tan and Candice Chaignat



Yoga, meditation, forest hikes & wellness workshops



Anti-inflammatory, organic gourmet meals



Access to sauna, steam, jacuzzi, pool

ALL INCLUSIVE PRICING (PER PERSON)

SINGLE ROOM

Starts from
CHF **1,970**

SHARED ROOM

Starts from
CHF **1,900**

DESIGNED TO HELP YOU



Release

no longer serves



Renew

our nervous system
and spirit



Revive

your joy, energy,
and clarity

RETREAT FACILITATORS



Claire Bostock-Tang
Retreat Leader



Lucy Dean
Acupuncturist



Doshan Gurung
Massage Therapist

RETREAT ITINERARY

RELEASE, RENEW, REVIVE RETREAT @ CHATEAU D'ANDERT | JULY 3 – 6, 2025



Time	Thursday, 3rd	Friday, 4th	Saturday, 5th	Sunday, 6th
06:30 – 07:00		Sunrise Pranayama & Meditation	Sunrise Forest Meditation	Singing Bowl
07:00 – 08:00		Hatha Detox Yoga	Mini Hike through the Forest	Gentle Flow Yoga to Uplift & Energize
08:30 – 09:30		Breakfast		
10:00 – 11:00		“Release & Let Go” Transformational Workshop	Nervous System Reset Workshop (Vagus Nerve Focus)	Closing Ritual, Reflections & Circle
11:30 – 12:00		Treatments / Free & Easy		
12:00 – 13:00				Farewell Lunch
13:00 – 13:30		Lunch		
13:30 – 14:00				
14:00 – 14:30	Arrival & Familiarisation of Chateau Grounds			Check-out & Depart
14:30 – 15:30		Treatments / Free & Easy		
15:00 – 16:00				
16:00 – 16:30	Welcome & Opening Circle			
16:30 – 17:30				
17:30 – 18:00				
18:00 – 18:30		“Aligning with What Matters & Investing in YOU” evening circle	Breath Awakening Workshop with Special Guests	
18:30 – 19:00				
19:00 – 19:30	Welcome Dinner			
19:30 – 20:30		Dinner & relax	Dinner	
20:30 – 21:30	Bespoke Candlelight Sound Bath		Releasing Ritual with Bubbly	