



CLAIRE BORWIN

## *Summer Balance*



Support participants toward greater lightness,  
energy, and clarity, both physical and emotional,  
before summer.



WEEK-END  
FROM FRIDAY 8<sup>TH</sup> MAY  
TO SUNDAY 10<sup>TH</sup> MAY 2026

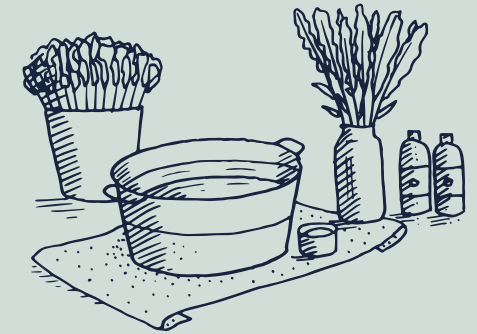
RESIDENTIAL STAY IN THE FORM OF A RETREAT

### FRIDAY 8<sup>TH</sup> MAY

**From 4:00 pm:** Arrival of participants  
with the accommodation package

**7:00 pm:** Welcome drink and introduction  
of participants

**7:30 pm:** Dinner at Table du Ventoux



### SATURDAY 9<sup>TH</sup> MAY

**8:15 am:** Meet at Tilleul for welcome  
and introduction to the day.

**8:30 – 10:00 am:** 1.5-hour walk

**10:30 am – 12:00 pm:** Brunch

**12:30 pm:** Educational session on the theme topics  
with a revitalizing drink

**2:00 pm:** Workshop: “The Art of Homemade”.  
Participants choose one of three beverages  
to prepare: detoxifying, revitalizing, or alkalizing

**3:00 pm:** Creative workshop: artistic personalization  
of individual recipe notebooks

**4:00 pm:** End of the day : free time (individual  
discussions, lymphatic drainage treatment at the spa)

**7:30 pm:** dinner at Table du Ventoux

### SUNDAY 10<sup>TH</sup> MAY

**8:30 – 9:15 am:** 45-minute aquagym session.  
Hot beverage offered after the pool session.

**9:30 am:** Breakfast at Table du Ventoux

**10:30 am:** Educational discussions:  
emotions, nutrition, microbiome and energy

**12:00 pm:** Meal preparation with technical  
recipe sheets

**1:30 pm:** Lunch

**3:00 pm:** Discussion on implementing practical  
and sustainable rituals (routines)  
and food journal guidance

**After 4:00 pm:** End of the weekend: final lymphatic  
drainage treatment at the spa