



Retreats au Château



An exclusive invitation

To an extraordinary place



Immerse yourself in the Château De Vezins' transformative energy, serenity and magnificence,
craft **your best self** and design **your dream life**

With a first rate team



GAELLE DESCHAMPS

YOUR HOST, LEAD TRAINER & YOGA INSTRUCTOR.

Gaëlle has over 20 years experience with Global world-class companies, where she specialised in Leadership, Training, Facilitation and Executive Coaching. She was a Global Faculty member of the Coca-Cola University, which trains over 86,000 employees.

Gaëlle's energy is contagious, combining a high dose of positivity with a can-do attitude. She possesses great charisma, strong interpersonal skills and has built many fruitful multi-cultural relationships internationally.

She is the founder of G Force, a certified coach and published author.

Together with her husband, they own the Château de Vezins.

She will be leading The Art Of Confidence workshops, your morning Yoga practices, the inversion Challenge and the evening activities for all retreats.



LILLEMOR MEYER

YOUR AYURVEDIC COOK.

Lillemor means "Little mother" in Swedish, which suits her so well! Having lived in Sweden, Switzerland, the US, the UK, she now lives on the Château grounds. Fluent in Swedish, French and English. She has always been interested in the Mind & Body connection and studied many different healing techniques for over 30 years (Ayurveda, Chinese Medicine, Acupressure, Acupuncture and different herbal traditions) with some of the greatest minds like Deepak Chopra and at the Ayurvedic Institute in India. Her mission is to spread love and light around her. She is a well of wisdom, infusing her good vibes in everything she does. She will be preparing all our meals.



EMMANUELLE VAKARYN

YOUR PHOTOGRAPHER.

Emmanuelle lives near Angers, she is a keen dancer, ballet teacher, choreographer and photographer. She loves teaching and creating. Her photographer's eye is instinctively drawn to movement, directions and lines created. Like a painter, she plays with light and dark to create contrasts, drama and unusual compositions. She will make you feel at ease, so you can dare to be playful, natural and show the authentic you.



SEBASTIEN CRAMARD

YOUR GALA DINNER CHEF.

Sebastien is an exceptional chef, he trained with Joel Robuchon and spent 17 years at the Château Colbert. His work is beautiful, original, using local produce and will delight all your senses.

He has been working with us for many years and guests' feedback is nothing short of outstanding.

We are so lucky to have him as neighbour!

Joined by talented experts



JEANETTE BUTLER

YOUR **BARRE INSTRUCTOR.**

The Art of Confidence

Jeanette has been into fitness since an early age. A black belt in Karate, a keen dancer, West Coast Swing teacher and line dancing queen.

She has taught Barre and fitness for 5 years and has set up her own business during lockdown.

She is fun, energetic and loves cooking. She lives in West London with her husband and 2 daughters.

She will lead the afternoon energisers with her strengthening and muscle building Barre classes.



JOY MARCHESE

YOUR **PARENTING COACH.**

The Art of Confidence *for moms*

With over 25 years of experience in education and wellbeing, as a teacher, trainer, author, and speaker; Joy has devoted her life to making the world a better place through education. She is the Founder of Positive Discipline UK and co-author of Positive Discipline for Today's Busy (& Overwhelmed) Parent. She has a daughter. Joy offers a comprehensive look into the modern world of parenting, relationships, and personal and professional development. She will lead the Confident Parenting workshops.



RACHEL TOLZMAN

YOUR **SASSY GODDESS.**

Unleash your inner Goddess

Rachel has now been pole dancing since 2011 and a lifelong dancer and gymnast. What she loves most about pole dance is that it builds incredible strength, flexibility, grace, sensuality and most importantly, self-confidence! She is unassuming, fun and playful, you would never know she has won many world championship titles. In her free time, you can find her singing, learning (and drinking) the world of wine, cooking, cart-wheeling and loving life. She became a mum during the pandemic. She will be your Instructor for Pole dancing, Burlesque, Chair and Floor moves.

A choice of 3 retreats

Our retreats offer a profound and unforgettable experience. They are a much-needed holiday for your mind, body and soul. A time to disconnect & reconnect to you, your life force and nature. Treat yourself to our exclusive five-day retreats.

1.

The Art of Confidence

✓ 22-27 March

10 steps to crush your self-doubt and unleash your authentic confident self.

Start your day with yoga, breath work and meditation, benefit from group coaching and workshops to bridge your confidence gap, build strength with our Barre classes, indulge in social activities.

2.

The Art of Confidence *for moms*

✓ 10-15 May

Build your confidence up to start your next chapter, whether you are going back to work, starting your own business or looking to refine your new identity.

Start your day with yoga, breath work and meditation, benefit from group coaching and workshops to bridge your confidence gap, learn from our parenting coach on how to thrive as a parent while chasing your dream, indulge in social activities.

3.

Unleash your inner Goddess

✓ 20-25 September

Time to rediscover your feminine energy and get some quality “me time” to reboot your sexy sassy self!

Step out of your comfort zone (or not!): Start your day with yoga, breathwork and meditation and move on to Pole Dancing, burlesque, chair work, catwalk fun, floor moves, dare to shine during a professional photoshoot to capture your newfound skills. Benefit from group coaching sessions to help you tap into your essence and reconnect with your feminine energy and powers.

Move forward with Confidence

Has this period of uncertainty left you drained and unsure about what's next for you? Do you find you have become more negative about yourself, your life and the world?

It's time for some **quality & strategic "me time"** to:

- ✓ Recharge your batteries
- ✓ Nourish your body, mind and soul
- ✓ Rediscover your life force
- ✓ Find peace, clarity and strength
- ✓ Boost your confidence
- ✓ Dare to dream
- ✓ Dare to live your dreams

How you will feel during and after the retreat:

- ✓ More positive and grounded
- ✓ More confident about who you are and what's ahead
- ✓ Improve Body / Mind connection
- ✓ Clear about d your strengths
- ✓ Reconnected to your dreams
- ✓ Inspired and energised to implement your plans
- ✓ Supported by an empowering Tribe

A profound and unforgettable experience

- "The Art of Confidence©" is a 10-step process to **Crush your Self-doubt and Unleash your Authentic Confident Self**. It provides you with empowering mindsets, beliefs, tools, process and habits which will serve you a lifetime
- A positivity reboot, an act of empowerment, a chance to relook at your identity and life strategy
- A holiday for your mind, body and soul
- A time for you to disconnect, reconnect to you, your life force and nature in an extraordinary and serene setting
- A safe, playful and fun environment to dare to be you, rise and shine
- A transformative journey
- A pampering experience, everything will make you feel like royalty
- And whatever emerges spontaneously!

"I am returning a better person, a better mum and a better wife!"

"The most rewarding gift you could give yourself"

Participant Oct 2021

The Art of Confidence®

10 step process





AN EXTRAORDINARY SETTING



4 HECTARES TO ROAM FREE



A HOLIDAY FOR YOUR MIND, BODY AND SOUL



PRIVATE SPACES TO REFLECT



RECONNECT TO YOURSELF
AND YOUR DREAMS



A SACRED SPACE TO START YOUR
DAY



TIME FOR JOURNALING



A BONDING AND PAMPERING EXPERIENCE



Secure your place now

Each of our 3 retreats includes:

- 5-day, 5-night accommodation in beautifully renovated bedrooms in the Château, all South facing, with breath-taking views over the French Gardens. Each bedroom has its own identity and style with period décor and antiques. Choose between 2 levels of luxury as well as single or double occupancy
- Exclusive access to the entire Château de Vezins, 4 hectares of gardens, gym, jacuzzi and sauna
- All workshops and classes, group discussions, personal tasks, journaling, transformational activities
- Daily morning Yoga to open your mind, body and soul and prepare for mental clarity, building to an Inversion Yoga challenge on Transformation Day
- A professional photoshoot, including all digital files, to capture your new confident self
- Evening light-hearted and fun activities to embody the concepts learnt during the day including a Gala dinner
- 3 meals a day. Healthy, nutritious and well-balanced food, snacks and non-alcoholic drinks, lovingly prepared by our onsite ayurvedic cook
- Coaching book and journal

Limited to 12 places per retreat to ensure intimate and personalised experience. First come first served basis.

• Secure your place now:

- 1. Contact Gaëlle www.gforceco.co.uk/retreats, by phone +447717861559 or by email at Gaelle@gforceco.co.uk
- 2. Wire the non-refundable down payment of £400, the balance is only needed a month prior to your arrival

For international transfers:

IBAN: GB23SRLG60837138988657

SWIFT/BIC: SRLGGB2L

Account Name: Gaëlle Deschamps. Starling Bank

For UK transfers:

Account Number: 38988657

Sort Code: 608371

- If Covid-19 prevented you from joining or us from running the event, you will have a voucher to use in the next 24 months

Prices exclude:

- Flights & transfers. You can arrive anytime on Day 1 (we will have dinner together), as the programme officially starts on Day 2. You can leave on Day 6 anytime after lunch

Bedrooms fit for Queens and Kings

Our bedrooms are all South facing with breath-taking views over the French Gardens. They are uniquely decorated, each with their own period décor and antiques. Bedrooms are allocated on a first come first served basis.

Choose from two levels of luxury:

Queen: The most luxurious and spacious suites, located on the first floor.

- There are 3 Queen suites: the Gold, the Blue and the Red Suites.

THE GOLD SUITE



One of the best bedrooms in the Château. 26m2 bedroom with a 18m2 private balcony. 2mx2m bed, fully renovated bathroom with a bathtub and a large walk-in shower. Louis XIII bedroom shares the bathroom with this room, Jack and Jill equal access.

THE BLUE SUITE



One of the best bedrooms in the Château. 29m2 bedroom with 13m2 Ensuite bathroom. Has a stunning gilded four-poster bed 1.6x2m, fully renovated bathroom with a bathtub and a large walk-in shower.

THE RED SUITE



The largest suite in the Château: 60m2 with 2 adjacent bedrooms. This is a double bedroom, with a 2mx2m bed, sofa, walk-in closet and 4 windows. Both bedrooms share the same shower room which has a double walk-in shower.

Princess: The next level of luxury.

- There are 5 bedrooms in this category. On the first floor: the Louis XIII, the White and the adjacent bedroom to the Red Suite. On the second floor: the Flowers and Birds bedrooms.

LOUIS XIII



21 m2 with 2 single Louis XIII original carved poster beds. Dark, moody room with an authentic feel. Louis XIII bedroom shares the bathroom with the Gold Suite, Jack and Jill equal access.

WHITE



21m2 with 7m2 Ensuite bathroom. White fabrics on all walls and ceiling, giving this room a cosy and cocoon like feeling. Has a desk and a lovely view over the French gardens and flower bed.

SINGLE RED SUITE



The largest suite in the Château: 60m2 with 2 adjacent bedrooms. This 21m2 bedroom has a single bed and shares the same shower room which has a double walk-in shower, as the red suite double bedroom.

FLOWERS



21m2 double bedroom. Has a walk-in closet.

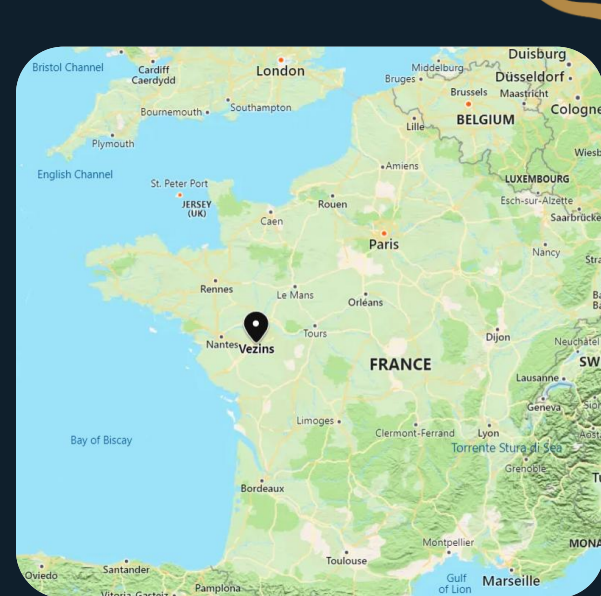
Both bedrooms have apparent wooden beams on the ceiling and a shabby chic décor. They have access to a small kitchen, a lounge area with sofas, day beds with cosy cushions. The recently renovated shower room, fitted with a large walk-in shower, is shared amongst the bedrooms on the 2nd floor.

BIRDS



21m2 bedroom with 2 single beds.





How to get there



By Plane:

Nearest airport is Nantes (50 min drive from the Château de Vezins, we can help you organise transfer)



By train:

Nearest train station is Chemillé or Cholet (15 min drive from the Château de Vezins, we can help you organise transfer)



By Car:

2 rue Nationale, 49 340 Vezins
Loire Valley
FRANCE

May the  GForce be with you

www.gforceco.co.uk
gaelle@gforceco.co.uk