



CHÂTEAU DE VÉZINS

# UNLEASH YOUR INNER GODDESS

Retreat 6-10<sup>th</sup> May 2020

At the Château de Vézins, Loire Valley, France.

## **Section 1: RETREAT INFORMATION**

### **1.A In summary**

5 unforgettable days to reawaken your feminine powers, get your mojo back and pamper yourself in a luxurious French Château setting.

Your goddess team will introduce you to pole dancing lessons, burlesque, sexy floor flow, and chair dance. You'll also receive coaching sessions, guided yoga practice, discover ecstatic dancing and develop the tools to sustain your newfound energy.

### **1.B in details**

Are you constantly putting others first and neglect nourishing yourself? Do you look after the kids, the house, your partner, your friends, your pets...your friends' pets? Enough! Time to recharge those batteries and escape for a long weekend from the stresses of life. Time to rediscover your feminine energy and get some quality "me time" to reboot your sexy sassy self!

Here is what awaits you:

- A five day and four-night all-inclusive retreat in a fully renovated to its original grandeur French château in the beautiful Loire Valley.
- Time and space for you, a place designed for your relaxation and enjoyment and experiences to indulge your senses.
- Learn to reconnect with your divine inner goddess and get your mojo back.
- A fun, stimulating and safe environment for you to explore your sexy side.
- Guided practices to ignite your feminine powers and renew your sense of self.
- Encouragement to put yourself first. Laugh. Try something new. Gain a newfound confidence. Be authentically you.
- The perfect mix of pampering, wellness and fitness.

Your goddess team will introduce you to pole dancing lessons, burlesque, sexy floor flow, and chair dance. You'll also receive coaching sessions, guided yoga practice, discover ecstatic dancing and develop the tools to sustain your newfound energy. Nourish your body with delicious and healthy local cuisine prepared lovingly by our on-site team and get excited to go glam for our exclusive gala dinner. All this in the stunning setting of our 18<sup>th</sup> century château with heated pool, jacuzzi, sauna, gym, stunning and expansive gardens, roaming peacocks and rooms uniquely designed with the most exquisite taste.

Book soon! Only 10 spaces available to keep your experience intimate and exclusive.



## 2. YOUR TEAM

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### 2.1 Core team

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Gaëlle – your coaching guru  
She will teach your morning yoga, will run the coaching sessions and facilitate the ecstatic dancing evening.

Gaëlle - owner of the Château de Vezins and coming from London for this retreat.

Executive and Life coach, Leadership training expert, dancer (competed in modern jive acrobatics just 7 weeks after giving birth), yoga teacher, mum of 3, with her husband for almost 20 years and together own the Château de Vezins, in the Loire Valley, France. She spent the last 12 years, renovating this dilapidated Château bringing back its original grandeur and adding 21<sup>st</sup> century luxuries. It is available for holidays rentals, weddings, fashion shoots, events and more recently retreats. ([www.chateaudevezins.com](http://www.chateaudevezins.com))

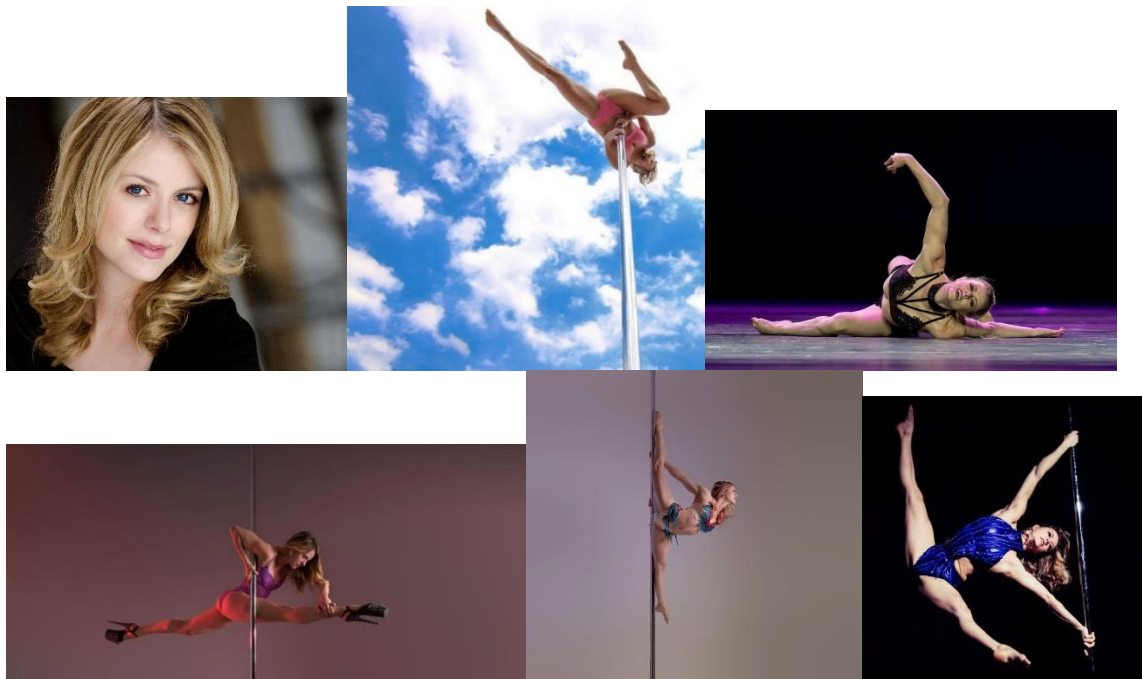
Her life purpose is about fueling positive transformation.

She is passionate about well-being (mind, body, spirit), unlocking people's potential and spiritual growth. She has trained over 200 people from all corners of the world (from China, USA, Turkey, London, Paris) on how to lead authentically, create an inspiring vision for themselves and plans to make it happen.

In her spare time, she writes & self-publishes children books with her 11-year-old daughter, "it's you & me time", bringing the coaching philosophy to parents and children, while raising money for children charities.

Gaëlle has lived in 3 countries, worked with over 30 nationalities in her 22-year career, travelled to 75 countries and is at ease with different backgrounds, cultures and nationalities.

Gaëlle's optimism, fabulous energy and zest for life are contagious.



Rachel – your Goddess expert

She is coming from London for this retreat. She is a gymnast and Pole Dancer champion. She will be teaching you some incredible moves on the pole, burlesque, floor moves and chair dance.

Rachel is a talented dancer, artist and professional aerialist. She has been dancing since the age of three and has always had a passion for movement. Even though she comes from a strong balletic background, she has also explored many different forms of dance including tap, jazz, hip-hop, ballroom, salsa, tango and African dance. In addition, she trained as a rhythmic gymnast for many years and competed in the United States at a high level, even advancing to the US Junior Olympics.

Pole competitions include IPAAT Elite Division 2016 - first place and best tricks, PSO Zurich Women's Professional Division 2017 -second place. She holds the title of Miss Pole Dance UK Pro Division 2017. She competed as a finalist and placed third at the World Pole Dance Championships in May 2018. In fall of 2018, she performed with Jenyne Butterfly in Las Vegas for her show "Rise" and placed third at Pole-a-Palooza. In November 2018, she took the winning title of the elite division at Pole Art UK. Last year, she placed second at IPAAT Champions Division and took fourth amongst 28 competitors in the elite division of Pole Art Italy 2019.

Over last summer, she had the great opportunity to perform at the bridge theatre, singing, performing acrobatics and playing a fairy in A Midsummer Night's Dream.

Rachel has been Pole Dancing for almost 10 years and can't wait to share her passion with you!  
IG: @tolzypole

## 2.2 extended team



Emmanuelle – our professional 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 create a relaxed and fun atmosphere to capture your newfound sexy sassy self.



Sebastien – our French Chef for the Gala dinner

Sebastien has been working for the Château and our VIP guests for many years. His services are always one of the highlights of our guests' stays. He has worked for decades as a chef at the Château Colbert and for private events. He was trained by xxx. He will be our Food God for the Gala dinner, serving only the best local ingredients, beautifully presented to you all Goddesses!



Lillemor – our Caretaker living on site

Lillemor is a long-term friend of the owners. She has a wonderful international background: Swedish, who lived in Switzerland, the USA and the UK. She has spent time in India where she learnt all about Ayurveda. She can speak fluently French, English and Swedish. She loves nature and anything to do with flowers.

She will be on site to make your stay the best it can be, helping with check-in and check-out, with meals and aperitifs. And if you are up to a chat, she will soon be your best friend.

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### **3. THE PROGRAM**

#### **3.A A typical day:**

8-8.45am Yoga

9-9.45am Breakfast

10-12am workshop

12-1pm Lunch  
 1-2pm free time  
 2-4pm workshop  
 4-8pm free time  
 8-10pm Dinner & evening event

### **3.B Full 5 day**

	Day 1	Day 2	Day 3	Day 4	Day 5
	Wed 6 <sup>th</sup> May 2020	Thursday 7 <sup>th</sup> May 2020	Friday 8 <sup>th</sup> May 2020	Saturday 9 <sup>th</sup> May 2020	Sunday 10 <sup>th</sup> May 2020
8-8.45am	X	Yoga	Yoga	Yoga	Yoga
9-9.45min	X	Breakfast	Breakfast	Breakfast	Breakfast
10-12am	X	Pole Dancing	Pole Dancing	Chair dance	Coaching
12-1pm	X	Lunch	Lunch	Lunch	Lunch
1-2pm	Arrival & check in	Free time	Prepare & prime	Free time	Check out
2-4pm	Coaching	Burlesque	Professional Photo shoot <small>Outdoor with pole</small>	Sexy floor flow	2pm depart for airport
4-7pm	Free time	Free time	Professional Photo shoot <small>Outdoor with pole</small>	Free time	X
7-10pm	BBQ outside	Gala dinner with Chef	Fire Ceremony outside & star gazing	Light buffet  Ecstatic Dancing	X

All timings are subject to change.

### **3.C Activities information**

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#### **Pole Dancing 101:**

Your introduction to the world of pole. Getting strong and toned was never so much fun! Learn to walk confidently, spin and twirl with ease and express your fierce femininity with this newfound apparatus. With your new moves, we'll learn a short but sassy routine and practice photo shoot worthy poses that'll leave you feeling like a goddess.

#### **Burlesque:**

Embrace your sensuality. In this workshop we'll explore the subtle art of the tease. Learn to walk across the floor in heels with ultimate ease, command the attention of a room, shimmy and shake with attitude and empower your own unique sensuality. We'll learn a routine that will grantee to impress.

#### Chair Dance:

Burlesque but better! We'll take the sultry skills you've learned in the burlesque workshop and add some chair dance elements. Learn to move with elegance, grace and irresistible sultriness.

#### Floor Flow:

Get grounded! This workshop is all about sexy flow on the floor. Learn to prowl like a lioness, create alluring leg waves, hair flicks and body rolls, and feel more connected with your movement. Create an intention and explore it through fluidity and agility.

#### Morning Yoga:

Whether you are a beginner or a pro, these morning sessions will get you starting the day in a state of inner peace, filled with life force energy and a clarity of mind. A good work out for the body, mind and spirit, setting intentions for the day.

#### Coaching:

This is strategic "me time". It can be quite daunting to set aside time in our busy daily lives for ourselves. So, this is what these sessions will offer: a time and space for you to think, reflect, set intentions, plan goals and start committing to those goals (both in group sessions and on your own). You will be offered tools and techniques to access your inner wisdom and feel more empowered to write your vision of unleashing the goddess within you.

#### Ecstatic dance:

This is a guided dance meditation. It is all about:

- finding and being your true self
- being free to move and connect to the music in your own way (no choreography or teacher to follow)
- shaking off stuck energies
- following the flow and rhythms of the music (and ultimately of life)
- learning to listen to your inner voice and vibes
- let go of the fear of judgement
- accessing a new level of energy

#### Free time:

The choice is yours: will it be the pool, the jacuzzi, the sauna, the gym, the hammock under trees shades, or are you up for a game of ping pong, pool table, play the piano in the music room. Or better even connect with your inner child and go on a swing, practice your star jumps on the trampoline, feed the ducks, walk in nature, hug one or two century old trees, reflect, plan, read or take a nap!

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#### **3.D Meals:**

We understand the energy we have is directly linked to the food we eat, so we are planning and preparing optimum food to give you all the nutrients & vitality you need. So, you will find good looking freshly made food to feel good. All meals will be buffet style except the Gala dinner, when our French




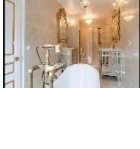



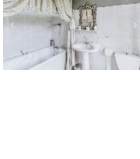


chef will be treating us with a three-course dinner. We will have a mix of indoor and outdoor dining experiences; in a setting you'll never forget!

- Breakfasts options will be fruits, cereals, milk, yogurts, eggs, fresh baguette and tea.
- Lunches will be nutritious and light as we want you to stay energetic. A mix of freshly made salads and soups will be available.
- Dinners will be an important social moment with aperitifs in different rooms and areas so you can experience the grounds and inside of the Château equally. We will have a theme for each dinner and evening: from BBQ to Fire ceremony to Gala dinner to ecstatic dancing.




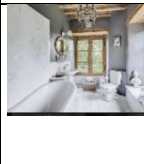

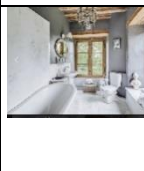
#### 4. ACCOMODATION

Choose the level of luxury you want. Please confirm this on the booking form.

It will be on a first come, first serve basis:

Floor	Room name	Bed type	Bedroom photo	Bathroom photo	Bathroom type	Bedroom sharing or not	Price per night	Price per night per person	Bedroom Capacity	Total price for 4 nights
1	Gold room	2x2m			Shared with Louis 13	Not sharing	€ 225	€ 225	1	€ 900
1	Louis 13	2 singles			Shared with Gold	Sharing	€ 170	€ 85	2	€ 340
1	Blue	double			Ensuite (not sharing)	Not sharing	€ 245	€ 245	1	€ 980
1	White	double			Ensuite (not sharing)	Sharing	€ 190	€ 190	1	€ 760
1	Red suite	2x2m + 1 single			Shared with 1 bedroom	Sharing	€ 240	€ 240	1	€ 960



1	Red suite	1 single			Shared with 1 bedroom	Not sharing	€ 145	€ 145	1	€ 580
2	Flowers	double			Shared with 3 bedrooms	Not sharing	€ 155	€ 155	1	€ 620
2	Birds cream	2 singles			Shared with 3 bedrooms	Sharing	€ 150	€ 75	2	€ 300

## 5. RATES

The rate is made of 2 components: the workshop fee and the accommodation fee

### 5.1 Workshop:

875 euros all inclusive (except flights, accommodation and alcohol)

- All classes: pole dancing, burlesque, sexy floor flow, chair dance, daily yoga, ecstatic dancing, group coaching sessions, fire ceremony
- Professional photography shoot with access to all digital files
- Food: breakfast, lunch, dinner including a gala dinner with a chef under the stars
- Includes airport transfer from Nantes airport on 6<sup>th</sup> May and 10<sup>th</sup> May

Notes: Alcohol not included in the fee, but will be available for purchase on site

**5.2 Accommodation:** as per above

## 6. GETTING THERE

### From London, we recommend

EASYJET flights from Gatwick to Nantes are very affordable

Wed 6<sup>th</sup> May 2020 9.35am-11.35am

Sunday 10<sup>th</sup> May 2020 17.15-17.40pm

We will be happy to arrange complementary airport transfers, if you take these flights. Rental cars are available from the airport or taxis can be arranged (but can be up to €100 each way). The Chateau is 1 hour from the airport.

### From Paris

We are about 3-hour drive, or by TGV train it's 2 hours to Chemillé (with 1 change in Angers). We can arrange complementary transfers to/from Chemillé.

## 7. PRAISE

**7.1 The Chateau** "The Chateau and the grounds show even better when there than the photos"  
"Fantastic"

"Fabulous experience"

Steve and Lari, happy family, rental clients

7.2 Gaelle “You have no idea how much your Life coaching has been a Catalyst for my life” Veemal – IT specialist

“Powerful force of nature”

“Her energy is contagious” Chris Marketing Director

7.3 Rachel “Amazing teacher, any student will feel great with Rachel”

### **8. HOW TO BOOK:**

To secure a space, we need 3 things:

- Booking form filled, signed and returned via email to [gaelled@me.com](mailto:gaelled@me.com)
- T&Cs signed and returned via email to [gaelled@me.com](mailto:gaelled@me.com)
- 30% non-refundable down payment transferred (bank details in the booking form)

**Click the button “BOOK NOW”** to send us your details so we can send you the booking form and T&Cs (they are also available on our website in the retreat section).

Family name.....

Name.....

Male or Female.....

Email.....

Telephone number.....

Country of residence.....

Occupation.....

Book soon! Only 10 spaces available to keep your experience intimate and exclusive.

We will be in touch within 3-5 working days to confirm your interest.

We look forward to spending time together Unleashing Your Inner Goddess!

Please note, this workshop is designed for women.

Watch this space, there will be other retreats for men, men and women and families!

We look forward to hosting you!

Namaste

Your Goddess team