

*Les Neiges D'Antan*

REALIGN. RESET. RETURN.

A JOURNEY THROUGH THE SEVEN CHAKRAS

SEPTEMBER 24-27, 2026

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# OUR JOURNEY

A gentle, deep and transformative journey. This retreat was born from the desire to create a space where you can return to yourself, breathe more deeply, and allow what within you is asking to be heard to emerge.

“In harmony with yourself” is a journey through the chakras — not as something to learn, but as inner maps to move through. A symbolic language to observe how you live in your body, in your emotions, in your relationships, in your voice, and in the way you see yourself and your life.

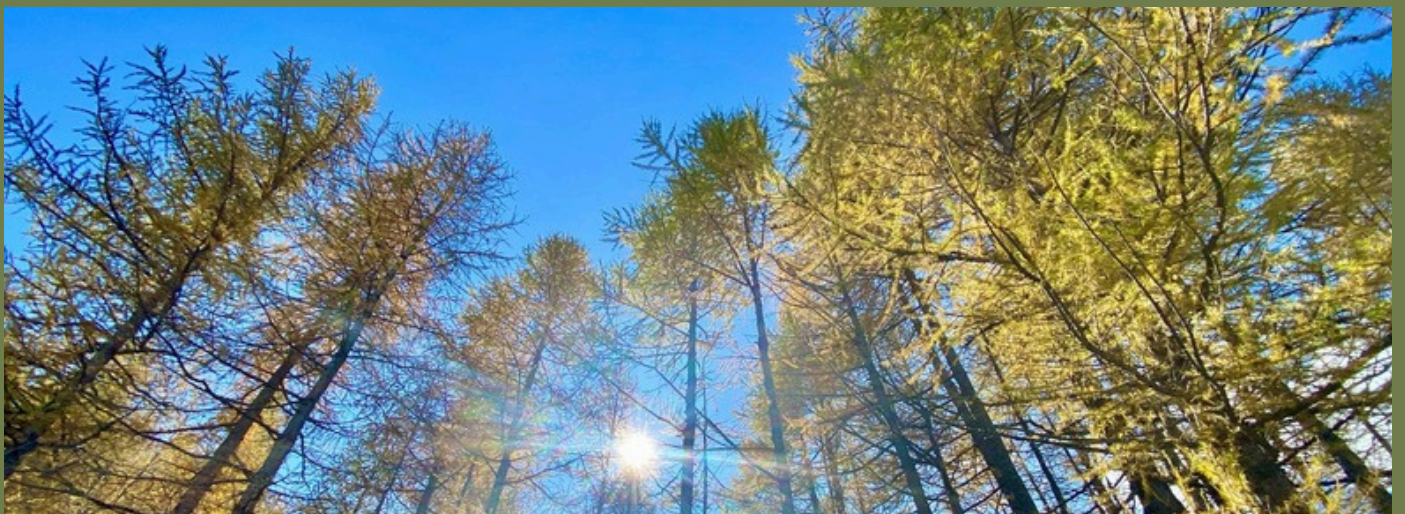


# OUR EXPERIENCE

Through yoga, breathwork, meditation, journaling, time in nature and moments of sharing, we will move from grounding to vision — from earth to sky, from doing to listening.

A time to soften, to feel, to rediscover your rhythm. To allow what feels out of alignment to slowly come back into tune.

Surrounded by the silence of the mountains, the warmth of a shared space, time for yourself, the spa, the practices and moments of introspection, this retreat is a simple yet profound invitation: to come back home — into your body, your truth, your presence.





# PROGRAM

THURSDAY, 24 SEPTEMBER - ARRIVAL & WELCOME

FROM 3:00 PM – ARRIVAL AND ROOM CHECK-IN  
WELCOME, TIME TO SETTLE IN

4:30 – 6:00 PM

OPENING CIRCLE

INTRODUCTION TO THE RETREAT AND THE CHAKRA JOURNEY

FIRST PRACTICE – GROUNDING

PRESENCE, BREATH, FIRST CHAKRA

8:00 PM – DINNER

QUIET EVENING AND FREE TIME

# FRIDAY, 25 SEPTEMBER

8:30 – 10:30 AM | MORNING PRACTICE  
FLUIDITY, VITALITY, CENTER  
SECOND AND THIRD CHAKRA

10:30 AM – BRUNCH & FREE TIME  
SPA, REST, WALKS, OPTIONAL 1:1 SESSIONS

5:00 – 7:00 PM | AFTERNOON SESSION  
JOURNALING WORKSHOP  
THE STORY YOU TELL ABOUT YOURSELF  
INNER FIRE, TRANSFORMATION, INTENTION

OPTIONAL EVENING  
YOGA NIDRA



# SATURDAY, 26 SEPTEMBER



8:30 – 10:30 AM | MORNING  
PRACTICE  
HEART, OPENING, METTA  
MEDITATION  
FOURTH CHAKRA

BRUNCH & FREE TIME  
SPA, REST, OPTIONAL  
INDIVIDUAL SESSIONS

AFTERNOON SESSION  
MEDITATION IN NATURE /  
MINDFUL WALK  
VOICE, LISTENING, INTUITION  
FIFTH AND SIXTH CHAKRA

FREE EVENING  
TIME FOR YOURSELF, SILENCE,  
OPTIONAL SHARING

SUNDAY, 27 SEPTEMBER

FINAL PRACTICE  
SOMATIC MOVEMENT, INTEGRATION, MEDITATION  
SIXTH AND SEVENTH CHAKRA

VISION BOARD  
GIVING SHAPE TO WHAT IS EMERGING

CLOSING CEREMONY  
INTEGRATION OF THE JOURNEY AND FAREWELL

BRUNCH



