

January 14th to 18th in Brides-les-Bains

Healthski & Gourmet Week

Take care of yourself and your health ...



www.brides-les-bains.com

Les Hôtelières
des Alpes

Centre
Équilibre
de la Montagne

GRAND HOTEL
des Alpes

Athéna
Spa

Cakecake

db
Brides
les-Bains

embellie
les Alpes de la Montagne

biocoop














B.O.W.I.

AU PETIT
TERROIR

GYM

How about devoting your holiday to some me-time ?

From the 14th to the 18th of January, Brides-les-Bains invites you to discover "the art of well-being" : how to take care of your health, your body and simply have more fun.

	Monday, Jan, 14th	Tuesday, Jan, 15th	Wed., Jan, 16th	Thursday, Jan, 17th	Friday, Jan, 18th
8.30 / 10.30 am	SPECIAL EVENT Healthy snack 				
10 / 11 am		DO IN Self-massage 	YOGA BRUNCH		
11 am - midday			 MEDITATION 		
1.30 / 5 pm			SNOWSHOE & Qi Gong session 		
2.30 / 4 pm		CREATIVE WORKSHOP Make your own lip balm 			
4.30 / 6.30 pm			THE CIRCLE of Well-Being 	ZEN PARTY 	
5.30 / 6.30 pm	YOGA Uncover your sankalpa 	COOKERY DEMONSTRATION by Brides's chefs 	DO IN Self-massage 		PILATES 
7 / 8 pm			GROUP Zumba 		



Olympe gondola lift



In front of the Tourist Office



Room on the top floor of the 'mairie' (town hall)



La Dova
Multi-purpose hall



Mercure
Grand Hôtel des Thermes

For free activities, please sign up at the Tourist Office or directly at the meeting point, limited availability.

Special "Eskilbre et Gourmandise" healthy snack

Our animators welcome you at the base of the gondola with a hot drink.

Healthy take-away snack offered by our partner BAOUW : cereal bars cooked by a Michelin starred Chef, Yoann CONTE. They are made with only natural ingredients, no processing or chemical additions. Plus, they are made right around the corner in Annecy.



Yoga : uncover your sankalpa Register at the Tourist Office

With Lorelei RODRIGO, yoga teacher

Yoga aims to strengthen the balance between mind, body and soul. This session gives you the chance to discover your sankalpa, which is a type of personal resolution. When found, this positive thought will grow and develop inside you until it becomes a reality, helping you move forward in the right direction. Embark on a spiritual journey during this session.



Do In (self-massage) Register at the Tourist Office

With Guilaine PARRAUD, certified Do In practitioner

This ancient technique is based on the principle of traditional Chinese acupuncture. Because it only requires the use of one's hands, Do In is accessible to everyone. Practising these simple and fast movements stimulates the different parts of your body, helping you to feel revitalised and relaxed, whilst reducing stress.



Creative workshop : *make your own lip balm*

Register at the Tourist Office . PRICE 15€ . Limited availability

With Marion BASSET, from *l'ArbraBulles*

These creative workshops invite you to free your mind and take some time out for yourself. Learn something new and enjoy yourself at the same time during this creative workshop which will teach you how to make your own lip balms.



Cookery demonstration by Brides' chefs

With Thomas LARNAUD, from the 3-star *Athéna* hotel-restaurant
Camille LEFEUVRE, from the *Camcake* shop

Mountain gastronomy has a lot more to offer than just fondue, raclette and tartiflette. Come and meet Brides' chefs who will show you how to make mouth-watering, guilt-free dishes !



Yoga Brunch Register at the Tourist Office . PRICE 5€ . Limited availability

With Lorelei RODRIGO, yoga teacher

Combine yoga with a deliciously healthy well-being brunch. Prepare your body to digest food carefully and respectfully. From the yoga mat to your mouth, explore your senses whilst savouring healthy recipes painstakingly created and prepared by Julien CUZIN from the Mercure Grand Hôtel des Thermes.



Snowshoe & Qi Gong session

Register at the Tourist Office . PRICE 30€ (transport and equipment included) . Limited availability

With Thierry GERARD, mountain leader and Qi Gong practitioner

In the charming forest setting of Méribel's altiport, this session combines snowshoeing for all with Qi Gong. Qi Gong is an ancient Chinese holistic system of coordinated body posture and slow movement, used to improve health and regain harmony of the mind, body and spirit. With regular practice, it can reduce stress, improve flexibility, decrease physical tensions and lead to emotional healing.



Group Zumba Open to all ...

With Michèle BIANCHI, from *Gym Silhouette*

This introductory session is open to all, regardless of your age or level of fitness. The aim is to free your mind and have fun through dance.



... next

Meditation Register at the Tourist Office

With Camille VANHOUCKE, yoga teacher

Meditation is a way to train the mind to free itself of negative and harmful thoughts. Guided by Camille, learn how to free yourself from these negative thoughts and start moving forward.



The circle of well-being

With Guilaine PARRAUD, qualified in AMMA seated massage at the Xavier Court school

Laetitia DUPONT, nutritionist dietician – cognitive-behavioural approach

Valérie THIRJET, qualified in foot and hand reflexology

Sophie TIMMERMANS, from the *Embellie* Beauty Salon in Brides-les-Bains

MIHASANE, handpan practitioner, This instrument produces crystal clear sounds, combining melody and percussions

You'll have the chance to try out different 10-15 minute "Well-Being" workshops and discover new practices : reflexology of hands, facial massage and Amma massage (*seated massage derived from shiatsu*). The circle of well-being event won't neglect fine dining either with a blind-tasting workshop where you'll learn to describe your gustatory sensations and compare different quality day-to-day ingredients. Handpan concert : this captivating instrument produces a strong, clear sound.



Zen Party

Warm up by the fireside or take time to chill out and relax : music, a relaxing cocoon, *zen stone* creative workshop and local produce market (herbal teas, edible & medicinal plants and regional produce).



Pilates Register at the Tourist Office

With Céline VANDEMOORTELE

Pilates combines deep breathing with physical exercise. It is a physical training method that draws inspiration from yoga, dance and gymnastics.



Set off to discover gourmet and well-balanced meals prepared by our chefs

Hôtel Athéna ***

Seared scallops, duo of red cabbage, with buttermilk and dill & lemon oil

18 €

Genepy and seasonal fruit gratin

6 €

Hôtel Amélie ***

Salmon gravlax and herb cream

18 €

Oven-roasted French sea bream with baby onions and ginger

24 €



Further information

Tourist Office of Brides-les-Bains

+33 4 79 55 20 64 . www.brides-les-bains.com



Brides-les-Bains Ski