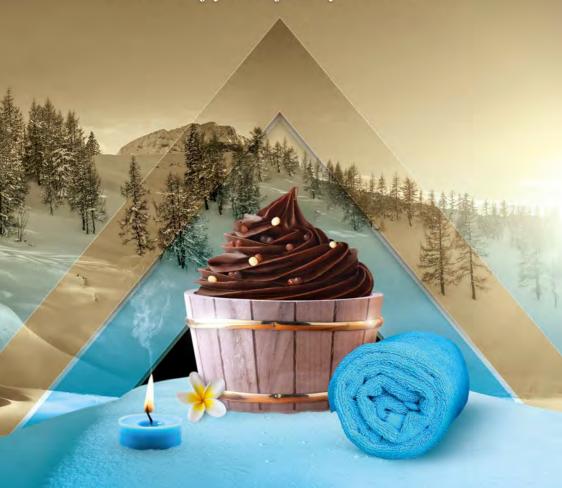
## January 14th to 18th in Brides-les-Bains

# Healthski Gourmet Week

Take care of yourself and your health ...



www.brides-les-bains.com























# 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.

1	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			m	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 #111#	COOKERY DEMONSTRATION by Brides's chefs	DO IN Self-massage		PILATES HITH	
7 / 8 pm			GROUP Zumba			
	Olympe gondola lift  La Dova  Multi-purpose hall					

#### Special "Eskilibre et Gourmandise" healthy snack

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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 Loreleï RODR**I**GO, yoga teachei

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

#### Creative workshop: make your own lip balm

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

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

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

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

#### Group Zumba Open to all ...















#### Meditation Register at the Tourist Office

#### The circle of well-being

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).

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



Pilates Register at the Tourist Office



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

#### Hôtel Athéna \*\*\*

18 € 6€

Hôtel Amélie \*\*\*

18€

24 €



#### **Further information**

Tourist Office of Brides-les-Bains +33 4 79 55 20 64 . www.brides-les-bains.com



Brides-les-Bains Ski