



Pure Disconnection Retreat

YOUR ANTI-STRESS ESCAPE IN THE HEART OF THE ALPS



Pure Disconnection

AN ANTI-STRESS RETREAT IN THE HEART OF NATURE

Designed by Marie TadaYoga, this wellness retreat is a true invitation to unplug from the stress of everyday life and reconnect with nature.

The Pure Disconnection Retreat is available year-round.

Included in Your Stay

IN MEGÈVE

- Accommodation at Les Fermes de Marie or in one of our private chalets
- Balanced and healthy breakfasts, lunches and dinners
Herbal tea and detox water available throughout the day
- TALL coaching sessions and physical activities led by Marie TadaYoga
- Access to the spa facilities, swimming pool and fitness room
- 3 Pure Altitude Treatments

4 days, 3 nights
From €1,858 per person
For groups of 2 to 8 guests

*Additional Pure Altitude Spa treatments
available upon request.*





Marie TadaYoga

YOGA INSTRUCTOR

A year-round yoga teacher in Megève for several years, Marie is deeply passionate about nature and the mountains – elements she sees as the ideal setting for a true disconnection and a reconnection to self. For her, this environment invites grounding, release, and unforgettable moments of inner peace.

Certified in Vinyasa Yoga (with over 500 hours of training) and in Yin Yoga (50 hours), Marie tailors each session to the individual – to their body, their level of practice, and their needs. She believes that every person is unique, and therefore strives to personalise each class to offer the most beneficial experience possible.

In a world that moves ever faster – more connected, more active, more stressful – Marie invites you to slow down. Take a few days to return to the essentials, immerse yourself in nature, and truly reconnect with yourself.



Day I

LATE MORNING

Arrival at Les Fermes de Marie or in your private chalet, followed by check-in

Lunch

3:00 PM

Pure Altitude Spa treatment

Free time to relax in the spa, swimming pool or sauna

6:00 PM

Opening circle and Yang to Yin yoga session
A practice that begins with gentle Vinyasa flow to gradually ease into deep stretches and calming Yin
Yoga + Additional free time

SOIR

Nutrient-rich, healthy dinner





Day 2

MORNING

Dynamic yoga practice (Vinyasa) and
breathwork techniques
Healthy breakfast or brunch

AFTERNOON

Healthy cooking class and lifestyle tips

Glow Studio workshop

3:00 PM

Pure Altitude Spa treatment

Free time to relax in the spa, swimming
pool or sauna

6:00 PM

Gentle Yin Yoga session followed by a
short meditation + Additional free time

EVENING

Nutrient-rich, healthy dinner



Day 3

MORNING

Breakfast

Mountain hike with open-air yoga practice (Vinyasa) and
breathwork techniques

AFTERNOON

Picnic in nature

3:00 PM

Pure Altitude Spa treatment

Free time to relax in the spa, swimming pool or sauna

6:00 PM

Gentle Yin Yoga session followed by a short meditation +
Additional free time

SOIR

Nutrient-rich, healthy dinner





Day 4

MORNING

Dynamic Vinyasa yoga session
Healthy breakfast or brunch

11:00 PM

Pure Altitude Spa treatment
Free time to relax in the spa,
swimming pool or sauna

DEPARTURE



les fermes
de Marie



MEGÈVE

Pure Disconnection Retreat

INFORMATIONS & BOOKINGS

+33 4 50 91 48 59

contact@fermesdemarie.com