



les fermes  
de Marie



MEGÈVE

## Pure Reconnection Retreat

YOUR WELLNESS INTERLUDE IN THE HEART OF THE ALPS





## Pure Reconnection

### AN EXCLUSIVE PRIVATE RETREAT

Discover our exceptional private retreats in Megève. Nestled in the heart of breathtaking alpine landscapes, with sweeping views of the surrounding peaks, our chalets offer an enchanting setting where luxury meets complete privacy.

Your stay is curated by our dedicated concierge service, whose sole mission is to make your mountain experience truly unforgettable.

The Pure Reconnection Retreat is available year-round.

# Included in Your Stay

## IN MEGÈVE

- Welcome at the chalet by your dedicated Chalet Manager
- Accommodation in one of our private chalets with personalized concierge service.
  - Daily housekeeping
  - A curated 4-day activity program
  - Full board

Breakfast, lunches and dinners

**4 days, 3 nights**

**From €1,890 per person**

For groups of 5 to 10 guests - accommodation included

*Enhance your stay with treatments at our Pure Altitude Spa, available upon request.*







## An Unforgettable Wellness Retreat in Megève

Our private “Pure Reconnection” retreat is a true journey inward – a time just for you. Over the course of four days, a selection of mindful practices and holistic experiences gently guide you towards letting go: Goddess Yoga sessions, guided meditation, and silent walks in nature.

Rediscover the beauty of simplicity in an extraordinary alpine setting. Awaken your body, soul and spirit through our unique wellness program designed to restore balance and serenity.

In addition to the daily activities, you'll have the opportunity to indulge in exclusive Pure Altitude Spa treatments: deeply relaxing massages, regenerating facials, and sensory rituals that awaken your senses.

# Charline, Dietitian & Nutritionist

## GODDESS YOGA SPECIALIST

For years, Charline has been deepening her knowledge through diverse holistic practices, guided by her life journey and personal evolution. Motherhood led her to explore the depths of her inner self – to learn how to ride the wave and support women navigating profound life transitions.

Radiant and optimistic, with a passion for adventure, Charline is deeply inspired by movement and the art of self-exploration. Her approach is both intuitive and nurturing, offering each woman a safe space to reconnect with her own inner power.







## Day I

### LATE MORNING

Arrival, welcome tour of the chalet, and check-in

Healthy lunch by Miam ô 5

### AFTERNOON

Introduction workshop led by Charline, our dietitian, based on the France Guillain method

Goddess Yoga Circle

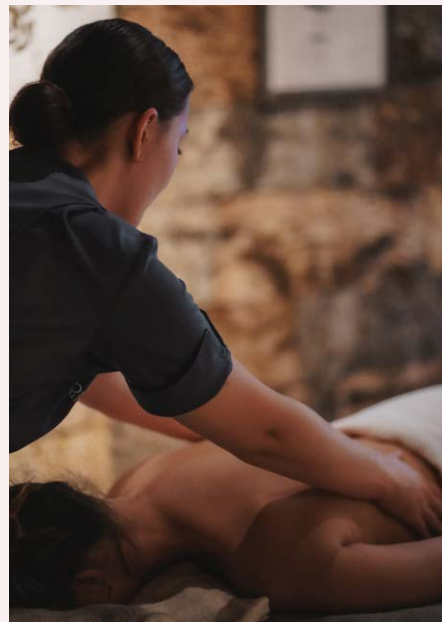
Lymphatic drainage session

Free time to unwind

### EVENING

Healthy dinner by Miam ô 5





## Day 2

### **MORNING**

Healthy breakfast by Miam ô 5  
–or optional fasting

Silent and meditative walk in the mountains

Lunch by Miam ô 5

### **AFTERNOON**

Introduction to the "bain dérivatif" technique  
with cold packs

Goddess Yoga Circle

Lymphatic drainage session

Free time for rest or exploration

### **EVENING**

Healthy dinner by Miam ô 5





## Day 3

### MORNING

Healthy breakfast by Miam ô 5  
–or optional fasting

Silent and meditative mountain walk

Miam ô 5 introduction workshop  
followed by lunch

### AFTERNOON

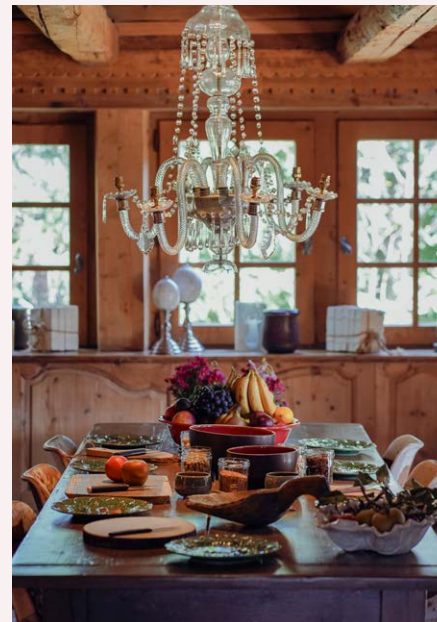
Goddess Yoga Circle

Lymphatic drainage session

Free time for relaxation or personal reflection

### EVENING

Healthy dinner by Miam ô 5







## Day 4

### **MORNING**

Healthy breakfast by Miam ô 5  
–or optional fasting

Goddess Yoga Circle

Lunch by Miam ô 5

### **DEPARTURE**

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de Marie



MEGÈVE

## Pure Reconnection Retreat

**INFORMATIONS & BOOKINGS**

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