

REDISCOVER YOUR LIFE FORCE
Deep Detox Retreat to Feel Alive Again

In South of France / Limited Spaces
JUNE 26 – JULY 1, 2026
6 DAYS / 5 NIGHTS RETREAT



6 DAYS TO BOOST YOUR ENERGY
WITH BRIGITTE BRUYEZ & MARC SEBIRE

EARLY BIRDS FEBRUARY, 28th
STARTING PRICE 1555 € / PERS
(1850 €)-

YOGA – YIN YOGA – AQUA YOGA – BREATHWORK – MEDITATION – COLD PLUNDGE – MASSAGE
AYURVEDIQUE – HIKING - KAYAK – COOKING CLASS – FILM – SHARING- MEALS- LODGING AND
MORE....

Do you feel tired... even after resting?



Do you feel disconnected from yourself?
Missing joy, lightness, aliveness?

You are not broken.
You are simply exhausted.

This retreat is a reset for your body, mind and nervous system.

DISCOVER THE ART OF TAKING CARE OF YOURSELF DAILY AND
REWIRE YOUR NERVOUS SYSTEM

ABOUT THE RETREAT

Hosted at [the Relais des Anges](#), in Mercues, wellness retreat center in Southwest France, just 1h15 north of Toulouse, 6 hours south of Paris, this immersive experience combines physical, emotional, and nervous system rewiring.

Detailed directions will be provided upon registration.

A week of different activities to “Rediscover Your Life Force”, nourish your body, mind, and spirit with wellness professionals to boost and balance your daily life.

Immerse yourself gently in a soft, calm, and warm setting through daily practices of yoga, meditation, hikes and healing energy, and a healthy lifestyle with Brigitte Bruyez, Marc Sebire and other wellness professionals.

Meet Your Guides

[Marc Sebire](#)



Therapist, stress management support, sophrology, Ayurvedic massage, mindfulness and therapy.

[Brigitte Bruyez](#)

With over 35 years of experience as a **Transformational Coach, Breathwork, Yoga &**



Meditation Teacher, and Reiki Master, Brigitte has guided countless individuals toward inner harmony and conscious living.

Certified by **Deepak Chopra**, her teachings blend ancient wisdom with modern science, creating powerful spaces for self-discovery and healing. Born in France, Brigitte now lives between **Florida and France**, sharing her passion through global retreats that awaken the sacred heart and elevate

consciousness.

Founder of the holistic center and bed and breakfast in France, "Le Relais des Anges".

A RETREAT TO NOURISH BODY, SOUL AND SPIRIT through Yoga, breathwork and meditation, deep relaxation, fun activities.

Activity All Levels - Group Size 12 max - **Duration** 6 days / 5 nights - **Prerequisites** No experience needed

WHAT THIS RETREAT IS REALLY ABOUT

This is not a bootcamp.
Not a performance.
Not another thing to “fix”.

It is an experience designed to help you feel alive again.

Through breathwork, conscious movement, nature, and emotional release,
your body remembers how to let go.
Your nervous system slows down.
Your heart opens.

BREATHWORK: THE FASTEST WAY BACK TO YOURSELF

Breathwork is the core of this retreat.



It helps you:

- ✓ release stored stress and emotional tension
- ✓ calm anxiety and mental overload
- ✓ reconnect deeply with your body, joy and inner balance
- ✓ feel grounded, clear, and present

Teachings on the 7 Spiritual Laws of Success by Deepak Chopra taught by Brigitte Bruyez, a true vitamin for the mind and food for the soul.

Yoga in sublime settings, for all levels.

Surrender in the hands of our Ayurvedic massage therapeutic Marc Sebire.

The pleasures of gourmet and colorful tables in a region extraordinarily rich in refined and varied flavors.

The menus are homemade and vegetarian.

Shared hearts and beautiful friendships are created.

PROGRAM :

- Lodging (see option below)
- 5 breakfasts
- 5 vegetarians' meals (lunch & diner)
- Snacks (tea, herbal tea)
- Yoga every day (Yin Yoga, Vinyasa & Raja)
- Aqua yoga
- Guided meditation
- Transformational, holotropic and regulation Breathwork
- 1 Ayurvedic massage, abhyanga
- Different Walk of mindfulness, hiking
- Kayaking
- Dance
- Cooking lessons
- Daily hygiene care -
- Swimming pool access
- Ice bath
- Jacuzzi
- Evening activities
- Concert of sound baths of the Crystal vessels

***Yoga-** Level of practice (Beginner, intermediate, advanced)

***Yoga style** - Raja - Restoring - Yin - gentle yoga - chakra toning

***Breathwork** - Holotropic breathing session- Pranayama - Dopamine breathing session -
Regulation breathing session

***Meditation style** - Mindfulness meditation - Mindfulness - Mantras

***Energy healing** (optional) - Alignment of the chakras - Reiki during the Breathwork session

- Abyangha Ayurvedic massage

*** Ice bath**, amazing benefits

- Increases resistance to stress
- Strengthens the immune system
- Stimulates the will
- Boosts metabolism and can help with weight loss
- Fight against diabetes and obesity
- Boost energy

*** Other activities during the stay**

- Ayurvedic daily lifestyle
- 5 days of practice of the present moment, here and now

*** Nature walks/ Hiking** You can enjoy the natural environment, hiking in the vineyards and on the Causses as well as the path leading to the castle of Mercuès with its cliffs
Time to join us.

*** The journey**

Check-in time: Day 1, Day of the retreat, Registration: 4:30 pm - 7:30 pm -

Check Out: Day 6 before 2:00 p.m. (Baggage's must be out of the rooms by 11:00 am.)

* Facilities - WIFI - Outdoor pool - Ice bath - Park - Multilingual staff

*** Meals** - Vegetarian menu - Terrace During this stay, one meal (lunch or dinner, depending on schedule) and snacks are included in the price of retreat.

Our team offers balanced menus, a cuisine healthy, simple, colorful and vegetarian, based on the principles Ayurvedic combined with our way of life in the West, around a convivial table. Vegetables and fruits are organic, mostly from the vegetable garden on the property, of Bernard (Brigitte's father), or local farmers.

All the cooking is homemade.

Meals are taken on the terrace overlooking the park with a view of the swimming pool (weather permitting).

Meals:

- 5 breakfasts
- 5 vegetarian lunches
- 5 light dinners

- Snacks :

- Unlimited teas and herbal teas

All our meals are fresh daily, organic and vegetarian.

For all allergies, let us know in advance.

What are the accommodations?

Accommodations for the 5 nights: [Le relais des anges](#)

- Meals and accommodations are provided. Light refreshments, including coffee and tea, will be provided (depending on program, dinner can replace lunch at any time).
- All our rooms are very comfortable, with a large private bathroom (walk-in shower), in each room. The Relais des Anges offers several categories of accommodation.

The rooms are allocated according to the order of registrations and availability.

Accommodation Options:

- **Double occupancies**, Shared room / shared bathroom
- **Private room with king or queen bed** / private bathroom

Use our registration form below to validate your registration and return this email.

When does the program start and end?

The retreat will begin on Friday (June 26, 2026) with check-in opening at 2:30 to 5:30 pm, welcome light diner and night activity following diner.

The program will conclude on Wednesday (July 1, 2026) at 2:30 pm.

Check in, on date of retreat after 4:30 p.m.

Check out before 11 a.m. (rooms), on the day of departure.

Access always: -

- Living room and dining room available with outdoor terrace and several relaxation areas are offered to you in the park.
 - Pool open from 8:00 am to 10:00pm.
 - Participants residing at the Relais des Anges and/or in the other gites, will have to leave their room free for 11h, the day of their departure.
- Luggage will be placed in the luggage room.

- The program is subject to change without notice.

What's included:

- Accommodation
- Breakfast for participants staying at the Relais des Anges
- All meals (Lunch or dinner, depending on schedule)
 - Snacks (Herbal teas)
- All activities, list see above:

Yoga sessions, Breathwork | , meditation, relaxation every day - Teachings, etc. - Hiking - 1
Massage - Energy transmission - Concert of crystal vessels - Cooking lessons - Pool and ice
bath access - Kayaking- Evening activities.

What's not included:

- International Transportation
 - **Shuttles from the airport** are not included and. The Relais des Anges from airport is 1h15 drive. We recommend using a **Taxi or renting a car**. If you would prefer, we can arrange for a **roundtrip shuttle**, please let us know for details. Time of transportation will be organized by the transportation company. Extra fee.
 - **Free pick up from Cahors, train station** = from the train station in Cahors to The Relais des Anges (10 min drive) (we can arrange the transport for you). You can also have a Taxi or renting a car.
- Personal Insurance
- Activities outside the Relais des Anges and not mentioned in the program.

Where is the event located?

The retreat is held at [the Relais des Anges](#), in Mercues, part of the area Occitanie, in Southwest of France, just 1h15 north of Toulouse, 6 hours south of Paris. Detailed directions will be provided upon registration.

By Air:

If you plan on flying, the nearest airports are:

- **International Toulouse Airport** (approx. 1h15 drive)
- **Brive La Gaillarde Airport** (approx. 40min drive)

*** Activities outside the program:**

Visit of villages or sites :

Take the time to visit our region before or after your stay.

You will be brought in another time until the 12th century.

- The Valentré , Medieval bridge - Cahors (market and the old city)
- El Camino de compostel
- Sarlat
- St Cirq Lapopie
- The Lot, the river is navigable and you can go down it by canoe or kayak.

Do I need to bring anything?

Here is a list of items to bring:

- Pack layers as the weather can change quickly. You may want to bring a warm sweater/ rain jacket for outdoor exercises and comfortable shoes for walking in woods.
- Yoga mat (limited yoga mats at The Relais des Anges)
Meditation, blanket, belt and eyes mask will be provided.
- Water bottle.
- Notepad/Journal (not required)

Are there any prerequisites to attend?

No. This workshop is open to anyone, whether you are looking to regenerate yourself, enhance your energy, to rewire your nervous system, disconnect from your life and explore something else, or simply nourish yourself and have fun.



REGISTRATION FORM

Last name: First name:

Date of Birth: Address:

..... E-mail:

Phone:

Yoga practice: Beginner / Intermediate / Advanced Package.

*Complete program with lodging, 6 days, / 5 nights,

Breakfast included and lunch:

o **Double occupancies with single bed** / shared bathroom: 1555 € /pers (~~1850€~~)

o **Private room with king size bed or queen bed** / private bathroom: 2055 € /pers (~~2150€~~)

Full payment at registration.

Participants residing at the Relais des Anges and/or in the other gites, will need to leave their room by 11:00 am, the day of their departure.

Luggage will be placed in the luggage room.

Cancellation:

- **200 euros retain** for administration less than 90 days before retreat.

- **Full refund or transferable** to another retreat more than 2 month before date of retreat. The program is subject to change without notice.

For payment, please contact us, we will send the information for the payment method:

Brigitte Bruyez, WhatsApp: + 1 561 324 8729 Or + (33) 6 40 05 73 71 or email:

contact@lerelaisdesanges.com

SIGNATURE:

DATE:

Please indicate if you are on treatment.

I have read all the information concerning the journey: YES (please circle)

CONTACT

Brigitte Bruyez WhatsApp: + 1 561 324 8729 WhatsApp: +(33) 6 40 05 73 71

Centre de bien-être et chambres d'hôtes 498, Bis La Gran Rue, Mercuès, 46090 France

<http://www.lerelaisdesanges.com>

www.voyageaucoeurdeletre.com

instagram: brigittelerelaisdesanges

Reservation: contact@lerelaisdesanges.com

We are looking forward to welcoming you and sharing with you our art of life, through our teachings in love, joy, simplicity and conviviality around meals.

TESTIMONIALS

- I have wonderful memories of our stay with you. A human richness, how good it is to live from time to time. I continue my little way in the knowledge of my being. Christina

- Thank you again a thousand times for having been at the origin of the impulses and unforgettable moments that you made us live and of which some find themselves in these photos. Danielle

*- We shared our respective feelings with happiness, as if to pursue all that we all shared together.
- Words are superfluous, but both of us have experienced moments of such intensity, both in terms of human, only by the wealth you have known us to teach, that it will remain a magical and extraordinary experience. Christine R*

-I would like to thank you very sincerely because I must confess to you that a real change has taken place in me. This famous "damn" letting go that was simply impossible to do suddenly became crystal clear, and ever since a few weeks I feel freer, and so much better that I can't get over it. As if everything had become simpler, in my body and my mind. I don't say easy, but simple. All these extremely positive changes come most certainly from our meeting, that's why I wanted to take the time to send you this email to thank you. Emily

FEEL ALIVE AGAIN.