

AYURVEDIC MESSAGES, AYURVEDA, YOGA, MEDITATION AND RELAXATION are proposed by Sophie. A professional tutor in these fields she uses a wide range of valuable techniques during her sessions. and using her vast experience and knowledge she will adapt each session

According to the constitution of the each individual in order to best satisfy his/ her needs.

The sessions, which are suitable for both adults and children, can be organised on a one-to-one, group or even family basis, and will serve to optimise the benefits of your stay at the Mine d'Or, total relaxation, renewed energy and total harmony of the body and mind - a time for joyful sharing with your children and family.