



**ROYAL CHAMPAGNE**  
HOTEL & SPA



## *Wellness Retreat*

**FROM MARCH 23 TO 25, 2025**

**YUJ** × **myBlend**  
PARIS

As Spring arrives, escape for a moment of absolute well-being in the heart of the Champagne vineyards.

Guided by H el ene Duval, enjoy dynamic yoga sessions, expert myBlend treatments and gourmet, balanced meals, all in a truly relaxing and rejuvenating setting.

A unique holistic experience to revitalise your body and soothe your mind.



### **YOUR YOGA EXPERT**

H el ene, founder of YUJ Paris and yoga teacher, will guide you each day through a one-hour yoga class inspired by her signature method: Flow.

These sessions combine gentleness and energy to harmoniously complement your stay. Perfect for improving your yoga practice while cultivating well-being and serenity.



## *Program*

### **DAY 1.**

Late morning arrival

11am: 'Flow' yoga session

1pm: Lunch elaborated by Chef Christophe Raoux, Meilleur Ouvrier de France 2015

Leisure time or myBlend treatment.

6pm: Evening Yoga.

8pm: Evening at Le Bellevue restaurant.

### **DAY 2.**

9am: Yoga session with myBlend LED mask, followed by breakfast.

Nature walk or bike ride through the vineyards.

1pm: Lunch.

Free time or myBlend treatment.

4pm: Biodynamic Champagne House visit in Epernay.

6pm: Champagne masterclass led by one of our sommeliers.

8pm: Evening at Le Bellevue restaurant.

### **DAY 3.**

9am: 'Flow' yoga session to boost energy, followed by breakfast.

Free time.

12.30pm: Lunch.

Return home with recharged batteries and renewed energy.

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2-Night Stay Rate from:  
€1850 for a solo stay  
€2520 for a duo (€1260 per person)

These prices include accommodation, meals (excluding alcohol), and activities.  
Transportation to and from Royal Champagne is not included.