

LA MAISON D'ESTOURNEL

# "Escape & Balance" Yoga Retreat in the Médoc

*La Maison d'Estournel is offering  
an exclusive wellness break this fall, led by coach Laure Dary*



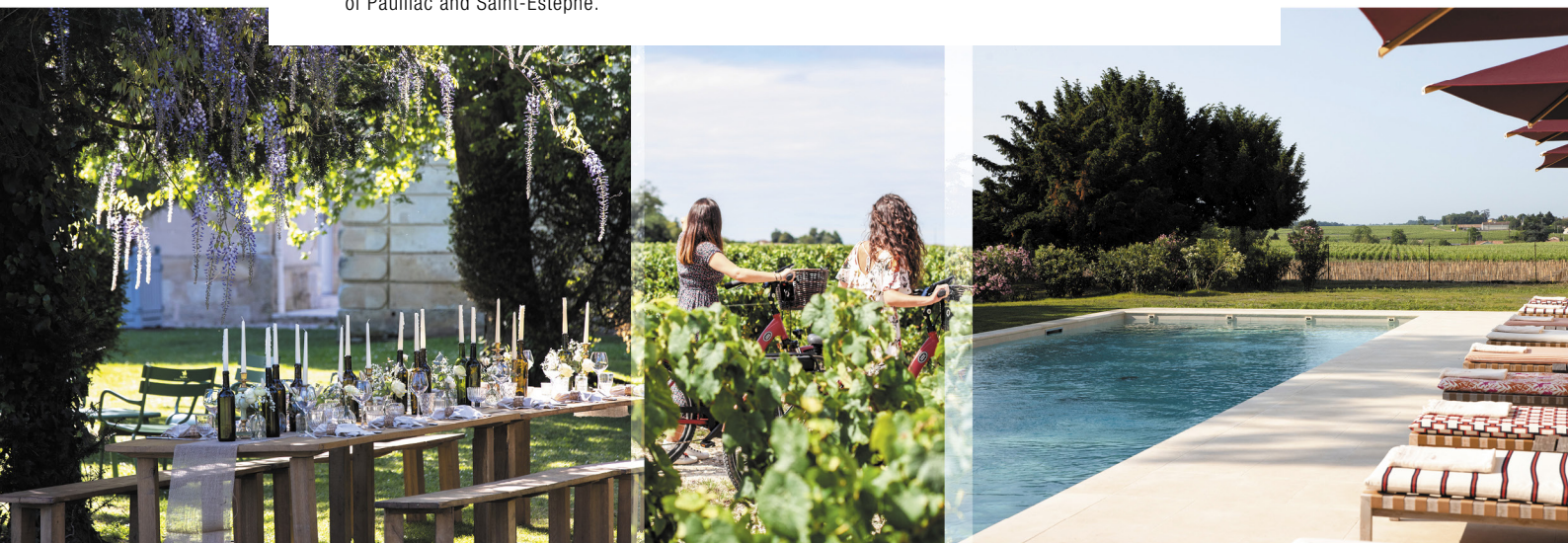
The perfect combination to unplug from daily life, recharge your batteries and enjoy yourself during this Indian summer period. From 27 to 29 September, head to the Médoc coast for some pampering. La Maison d'Estournel looks forward to hosting guests for a complete wellness retreat, in the most soothing environment possible surrounded by vineyards. This rejuvenating break will be organized by expert Laure Dary, founder of the online platform Maison Of(f) Wellness.

[www.lamaison-estournel.com](http://www.lamaison-estournel.com)



Over the course of a weekend, this professional dancer and yoga teacher will guide participants through a Vinyasa practice designed to harmonize body and mind, improve flexibility, strength, balance and reduce stress. Laure will practice Barre au Sol exercises inspired by classical dance to improve posture, tone, flexibility and alignment. For complete rejuvenation, a Stretching session will focus on the suppleness of the whole body, for long, lean muscles and a calmer mind. A 'Your Face' workshop will reveal facial yoga, self-massage and acupressure techniques.

Over and above these sessions, this quest for relaxation will be enriched by a variety of activities. The hotel offers an oasis of pure relaxation with its heated swimming pool, sheltered from view and overlooking the vineyards. Nearby, a fitness area featuring the latest Technogym® equipment adds a new dimension to this rural setting. Looking to recharge your batteries in the great outdoors? Guests can borrow the electric bikes provided for a ride through the surrounding vineyards or to explore the villages of Pauillac and Saint-Estèphe.



To round off this retreat, a visit and tasting at Château Cos d'Estournel, also owned by Michel Reybier, are included in your stay. Finally, body and facial treatments by Swiss anti-aging science brand Nescens – provided in the Yurt dedicated to wellness nestled at the back of the majestic centuries-old grounds – can be booked.

The perfect combination for taking time out from everyday life, getting a boost and pampering yourself this Indian summer!

#### **PRACTICAL INFORMATION**

The «Escape & Balance» yoga retreat held by Laure Dary at La Maison d'Estournel includes 2 nights with breakfasts, lunch, brunch and healthy dinners served in the comfort of the restaurant, on the sunny terrace or in the park with its ancient trees, as well as 3 sports sessions and 1 workshop.

Package from €1,740 per person.

From Friday 27 to Sunday 29 September.

Suitable for all levels.

[Full program and bookings via this link](#)



#### **LA MAISON D'ESTOURNEL**

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[www.michelreybier.com](http://www.michelreybier.com)



#### ABOUT LA MAISON D'ESTOURNEL

Nestled in the Médoc vineyards, near the Gironde Estuary, the historical residence of the owner of the Château de Cos d'Estournel has been transformed into a charming country house, dedicated to the joy of relaxing and unwinding in the heart of Nature. Whether for a weekend or a short getaway, La Maison d'Estournel with its 14 warm and elegant rooms welcomes city dwellers seeking to switch off. English designer Alex Michaelis has created an environment fully attuned to the setting. An ideal opportunity to reconnect with a healthy and authentic way of life together with family or friends, in a cozy refuge conceived as a private home far removed from the world of classic hotels.



#### ABOUT LAURE DARY

Originally from Corsica, Laure Dary learned to dance in Ajaccio. At the age of 21, she moved on to Paris, where she began her career as a professional dancer under the direction of leading choreographers. In her quest to anchor herself and achieve personal well-being, Laure Dary discovered yoga. She then combined dance with this discipline in her daily life. It was only after six years of intense practice that she decided to undertake yoga training. In 2019, Laure Dary founded the Maison Of(f) Wellness, presenting a unique concept of «Shapes in Motion®». This method she has created is freely inspired by yoga postures and technical barre exercise in order to work on tone, flexibility, fluid motion and transitions between postures.



#### ABOUT MICHEL REYBIER HOSPITALITY

For more than 20 years, Michel Reybier has been blazing the trail for a singular, highly contemporary vision of luxury and hospitality. Each of the Michel Reybier Hospitality destinations upholds his cherished values of excellence, authenticity and simplicity. Whether in a hotel, a villa or a private apartment, in the mountains or by the sea, in the countryside, in the heart of the vineyards or in the city... A sole requirement: namely exceptional places that throb with a distinctive emotion. A sole ambition: to share a refined art of living, dedicated above all else to our guests' well-being and pleasure. This holistic approach is based on unforgettable experiences, where sport, food, wellness and passion form an inseparable whole. This approach is supported by the medical expertise of Nescens, whose ultimate goal is to ensure people live better, healthier lives for as long as possible. The promise of instilling meaning into each and every moment.

[www.michelreybierhospitality.com](http://www.michelreybierhospitality.com)



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