

LA RÉSERVE PARIS - HOTEL, SPA AND APARTMENTS

« Punch, Flow & Balance »

Sports events
at La Réserve Paris



As the capital prepares to hum to the rhythm of top-level athletes, La Réserve Paris – Hotel, Spa & Apartments welcomes Parisians in search of a unique sporting experience. From late April to mid-June, the most exclusive of Parisian palace hotels puts sport and wellness in the spotlight with a series of exclusive sports sessions, combined with the privilege of access to the Spa Nescens indoor pool and hammam. This exclusive welcome can be complemented by a «healthy» interlude over breakfast or a snack. Inspiring and influential coaches from some of the capital's trendiest clubs take possession of the premises and contribute their expertise.

la réserve
HOTEL AND SPA
PARIS

FULL SCHEDULE OF "PUNCH, FLOW & BALANCE" SPORTS EVENTS

LAURE DARY X MAISON OF(F) WELLNESS "SHAPES IN MOTION" YOGA SESSION (50 MINUTES)

SUNDAY 28 APRIL AT 10 AM & WEDNESDAY 22 MAY
AT 4.30 PM IN A SUITE AT LA RÉSERVE PARIS

Founder of the Maison Of(f) Wellness online platform, Laure Dary will kick off these prestigious sports events. This professional dancer, also yoga teacher, will unveil her "Shapes in Motion" discipline. This unique method created by Laure and freely inspired by yoga postures involves technical dancer's barre exercises designed to work on tone, suppleness, flowing movements and transitions between postures.

Laure Dary's sports sessions will be offered in one of La Réserve Paris's most beautiful suites, with a breathtaking view over the rooftops of the greatest monuments in Paris.



AMBRE LITWINSKY X BURNING BAR STUDIO "POWER FIRE FLOW" PILATES SESSION (50 MINUTES) WEDNESDAY 15 MAY AT 9 AM IN ONE OF THE LA RÉSERVE PARIS APARTMENTS

This second workshop will be led by Ambre Litwinsky, dancer in one of Paris's leading cabarets. This passionate artist will present the unique "Power Fire Flow" concept of the Burning Bar club, recently opened in the 16th arrondissement and already a new hotspot in the capital. Ambre will offer an energetic and invigorating experience merging pilates, barre and yoga techniques. This harmonious blend of flowing movement and strengthening exercises designed to balance the body from head to toe will be adapted to each individual's personal requirements.

Ambre Litwinsky's performance will take place in one of the La Réserve Paris Apartments, which enjoy a unique front-row location on the iconic Place du Trocadéro. A shuttle service will be provided between the Apartments and the hotel, enabling guests to immerse themselves in the elegant atmosphere of Spa Nescens and prolong the pleasure.



JUSTINE ROJAT X PUNCH BOXING CLUB PUNCH BOXING SESSION (50 MINUTES) WEDNESDAY 12 JUNE AT 9 AM IN THE SPA NESSENS FITNESS STUDIO OF LA RÉSERVE PARIS

Last but not least, Justine Rojat will share her passion for cardio with movement sequences mobilizing the entire muscular chain. Mid-way between boxing and bootcamp, her exercises as proposed at Punch Boxing will liberate both body and mind. Drawing on her expertise as Head Coach at this, Justine offers a complete range of muscle-strengthening exercises, accessible to all.

Training with Justine Rojat will take place in the fitness studio of La Réserve Paris' Spa Nescens, usually reserved for members.





New unmissable events on the Parisian sports scene, the "Punch, Flow & Balance" sport events are now open for booking.

OFFERS AND PRICES:

- 1 x 50-minute class, Spa Nescens pool & hammam access:
95 euros per person
- 1 x 50-minute class, Spa Nescens pool & hammam access,
healthy breakfast or snack
150 euros per person

Limited number of places, 4 to 6 participants per session

For bookings, contact spa@lareserve-paris.com

or visit www.lareserve-paris.com/experiences

ABOUT LA RÉSERVE PARIS - HOTEL, SPA & APARTMENTS

As a private, yet urban house of a special kind, the hotel is discreetly located on a street parallel to the Champs-Élysées and is the epitome of 19th century Parisian elegance. Spacious, light-flooded rooms wherever you look. Wonderful marble fireplaces and ceilings in traditional décor exude their own charm. 15 rooms and 25 suites. La Réserve Paris is also home to Le Gabriel restaurant, executed by the three Michelin-starred Chef Jérôme Banclet and harbors a stunning and intimate Nescens spa with a 16-meter indoor pool, Nescens treatments and a fitness studio. All design by the world-famous designer Jacques Garcia. For a chance to feel right at home in Paris with the Eiffel Tower as a neighbor, head

for the La Réserve Paris Apartments. Located at a resolutely chic address on Place du Trocadéro, the ten apartments offer generous floor areas ranging from 140 to 300 m², ensuring genuine day-to-day living comfort. Noble materials, neutral colors and great design classics by iconic names in furniture design combine to offer a distinctive vision of Parisian art de vivre.

www.lareserve-paris.com

www.lareserveparisapartments.com

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



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+33 (0)1 58 36 60 60 · spa@lareserve-paris.com · www.lareserve-paris.com · 42 avenue Gabriel 75008 Paris

MEDIA CONTACT: Aurore Cornic · Director of Communication and Marketing France · La Réserve Hotels, Apartments, Villas and Spas · +33 (0)1 58 36 60 12 · acornic@lareserve.com

www.michelreybier.com