











DAY 1

Either the morning will begin with a presentation of the Toltec agreements or a walk in conscience, from 1H to 1H3O, on the paths of Brionnais with alternating times of silence and exchanges.

In the afternoon, visit the village of Semur en Brionnais, one of the most beautiful villages in France! It is a magnificent site that inspires serenity and calm.

DAY 2

In the morning, enjoy a forest bath
In the afternoon, go to a workshopexchange on the theme of knowledge
and Self-Esteem

ACCOMODATION

B&B









INFORMATIONS

PRICES ON FULL BOARD

215 € by adult all include

FOR MORE INFORMATION, PLEASE LOOK ON THE AGENCY'S WEBSITE, ON THE PAGE FOR THIS CIRCUIT: WELL-BEING WEEKEND: IN THE SECRET GARDEN OF BURGUNDY



