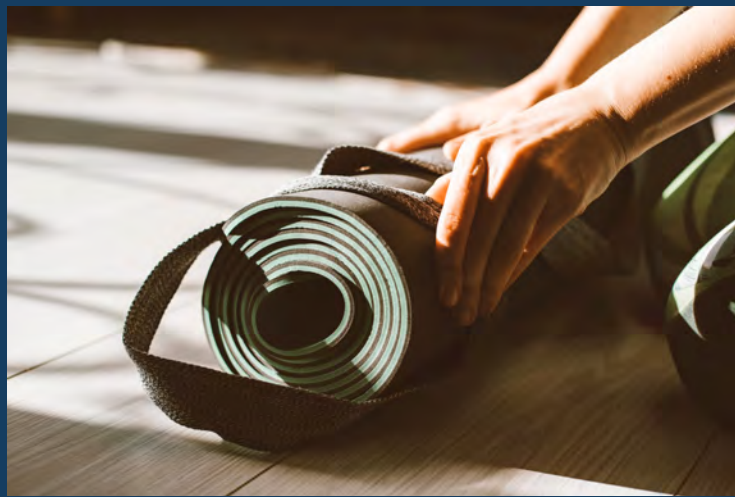


Éveil d'Essence

Weekend Getaway in the Swiss Mountains

BREATHE. MOVE.
RECONNECT.



October
24-26

Château-d'Oex

A weekend of movement
and self-care designed to
release stress and bring
you back to your natural
energy.

Are you carrying more than **your body can hold?**

Life has a way of weighing us down — long to-do lists, constant demands, the quiet fatigue that never lifts.

Many of us give our best to others while forgetting to care for ourselves. The result? Stress stored in the body: aches, tightness, shallow breathing, low energy.

Éveil d'Essence is designed **for you.**

A weekend to step away, to release what's stuck, and to restore what's been missing: **lightness, vitality, and joy.**



Here, you'll find:

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Space to focus fully on **yourself.**

Guided movement and techniques to help your body and mind **let go of stress and tension.**

A small, intimate group that shares the same intention: **to rest and recharge.**

Practical tools you can bring into **daily life**

Contact Cristiane to learn more
WhatsApp +41 79 337 51 66



Éveil d'Essence is more than a getaway.

It's a carefully crafted experience, inspired by the principles of Traditional Chinese Medicine (TCM).

Each season has its own rhythm, and by aligning with it, the body and mind can find balance and energy more easily.



About Cristiane

Cristiane has developed a unique method blending Pilates, yoga, fascia release, sound healing, and intuitive practices.

Her approach goes beyond physical strength — it helps release emotional blockages and reconnect with the self.



"I wanted to create weekends where people can finally exhale — where the **body, mind, and senses** work together to **restore balance and joy.**"

Contact Cristiane to learn more
WhatsApp +41 79 337 51 66

Autumn invites us to pause, breathe deeply, and let go.

In Traditional Chinese Medicine, it is the season of the lungs, smell, and touch. This weekend is designed to restore your energy through focus on movement, breath, and the senses — preparing body and mind for the months ahead.



Across three days, you will experience:

Movement

Pilates complemented by yoga and other techniques to release tension, build strength, and restore balance.

Breathing

Guided practices to strengthen the breath, releasing stress and bringing calm and clarity.

Sensory Rituals

Practices that soothe the nervous system and support emotional balance — like aromatherapy or singing bowls.

Restorative Treatments

Massage and other gentle, restorative therapies to melt away tension.

Contact Cristiane to learn more

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Step away from demands. Step into yourself.

Éveil d'Essence isn't about escape. It's about coming home — to **your body, your energy, your joy.**



Practical Information

Place: Château-d'Oex, Switzerland

Time: 24–26 October 2025

(from Friday, 2 PM till Sunday 5 PM)

Included:

- 2 nights in a private Swiss chalet
- All meals (seasonal, nourishing, balanced)
- Pilates & movement sessions
- Guided breathing and sensory practices
- Massage / aromatherapy sessions
- Practical tools you can bring into daily life

Not included: transport to Château-d'Oex, alcohol.

Price per person:

Private suite: CHF 3765

Double room: CHF 2765

No accommodation: CHF 2165

Early Bird discount (Sept 30): CHF 550

Sign up now!



+41 79 337 51 66



cristiane@instantpilates.ch



online registration:

