

# Éveil d'Essence

Winter Edition

A curated pause  
in the heart of  
winter.

MOVEMENT. REST.  
CARE.



February  
6 - 8  
Château-d'Oex

Winter Retreat designed to  
calm the nervous system,  
restore vital energy, and  
return you to yourself.

# Are you carrying more than your body can hold?

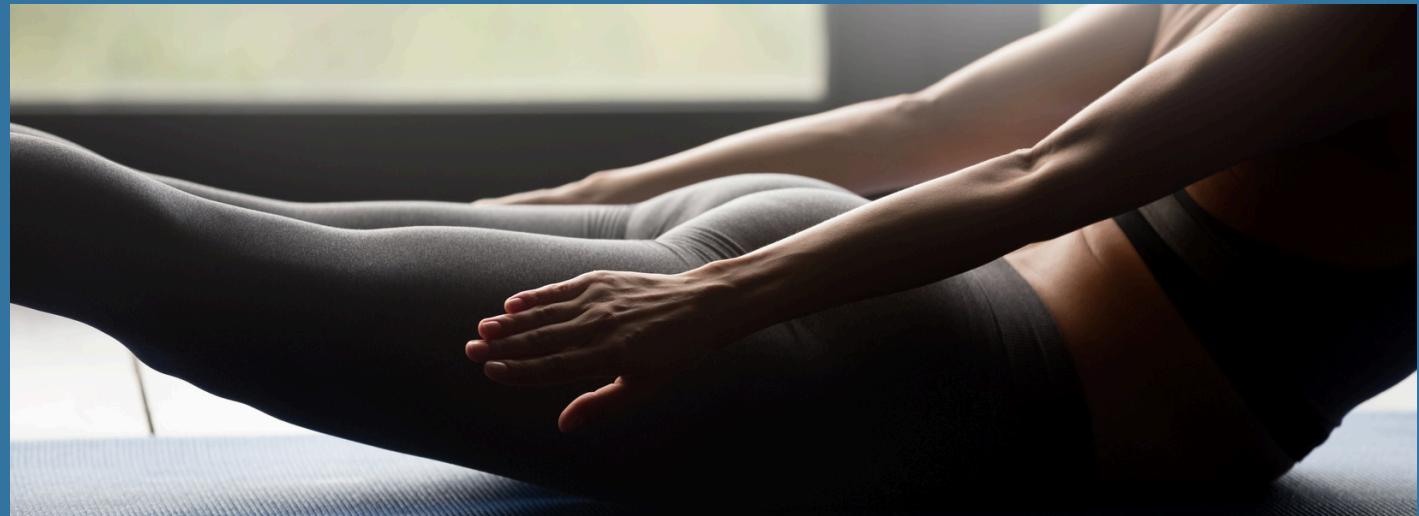
A life that is full often carries weight - giving, organizing, managing, holding.

Éveil d'Essence – Winter is a weekend where that weight can be set aside.

Where the body is supported, restored, and deeply cared for.

## Éveil d'Essence is designed for you.

A weekend **intelligent care**, to unwind tension from the body and gently rebuild your inner reserves.



### Here, you are held.

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- **You are guided** through carefully curated practices that work directly with the winter energy.
- **You are supported** through breathwork, movement, curated treatments, and sensory rituals.
- **You are nourished** through the rhythm designed to restore.
- **You leave** lighter in the body, clearer in the mind, and steadier in your energy.



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Contact Cristiane to learn more

# Éveil d'Essence is more than a spa weekend.

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.

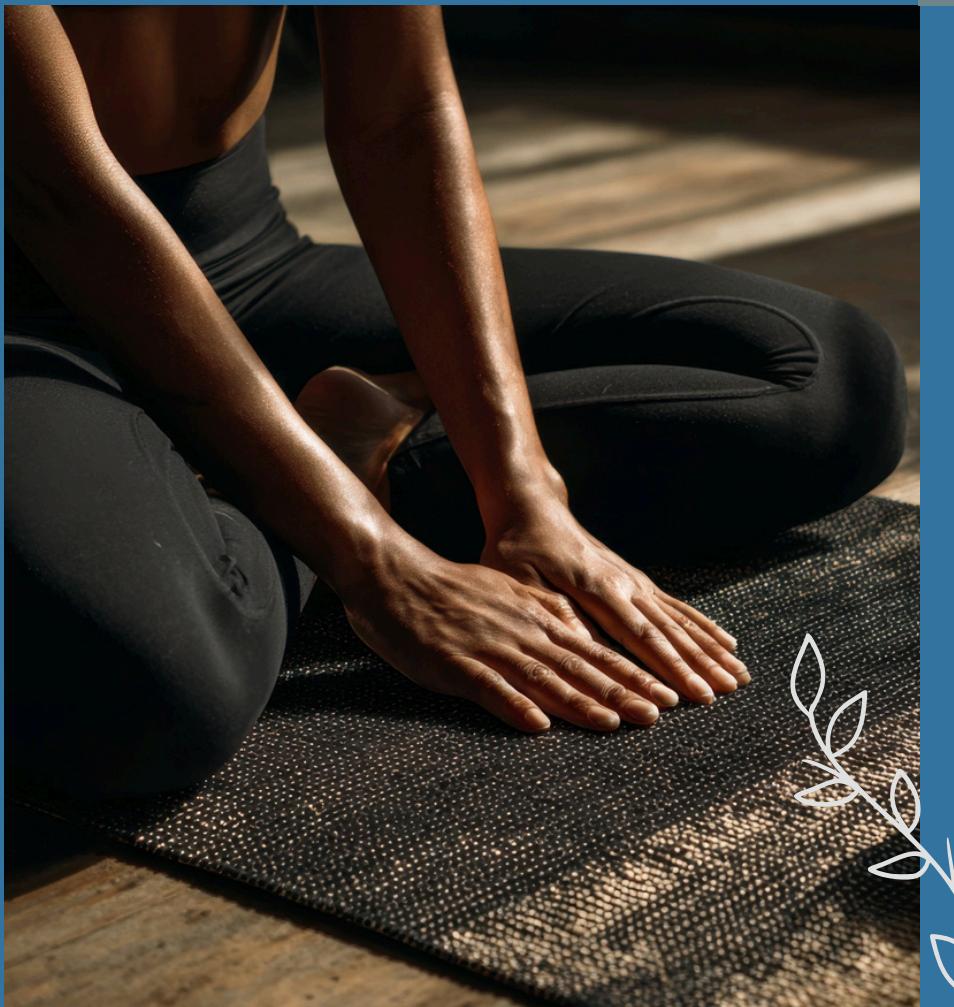


"I wanted to create **weekend experiences** in a beautiful setting, where people can finally exhale — where the **body, mind, and senses** work together to **restore balance and energy**."

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# Winter invites us to turn inward, conserve energy, and rest deeply.

In Traditional Chinese Medicine, it is the season of the kidneys, stillness, and inner listening. This weekend is designed to restore your reserves through movement, breath, sound, and touch — supporting body and nervous system through the heart of winter.



## 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.

### **Sound & Vibration**

The resonance of Tibetan singing bowls creates a space where the body can soften and the mind can quiet. Sound becomes a gentle guide toward stillness, rest, and inner balance.

### **Essential Oils**

A sensory exploration of essential oils, using scent, touch, and hands-on applications (bath bombs) to calm the nervous system and support seasonal balance.

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# Less noise. More presence.

Éveil d'Essence is not an escape from life.  
It is an invitation to meet it again **through the body**.



## Practical Information

**Place:** Château-d'Oex, Switzerland

**Time:** 6-8 February 2026

(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
- Tibetan bowls / aromatherapy sessions
- Practical tools you can bring into daily life

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

**Price** per person:

**Private suite:** CHF 2 945

**Double room:** CHF 2 405

**No accommodation:** CHF 1 955

## Sign up now!



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cristiane@instantpilates.ch



online registration:

