

Éveil d'Essence

Spring Edition

Weekend of
intelligent care —
made for spring

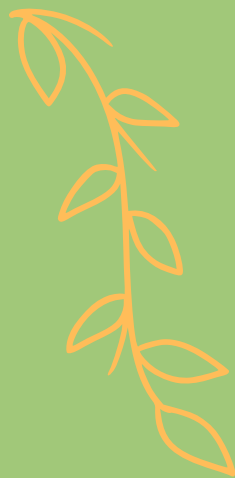
RELEASE. RENEW.
RE-ENERGIZE.



May 22-24
Château-d'Oex

A spring retreat designed to help your body adapt to the season, restore energy, and move at full capacity again.

Spring is here. But is your energy matching the season?



There's a reason the body doesn't always shift with the calendar.

Spring is one of the most demanding transitions of the year — the moment when everything that accumulated over winter begins to surface.

Tension in the body. Energy that fluctuates rather than flows. A sense that full capacity is just slightly out of reach.

This is precisely what **Éveil d'Essence Spring** is designed for.

Not a spa weekend. Not a fitness retreat.

Something more intelligent than either. A weekend that treats the body as a whole system



Across three days in a private mountain chalet, you are guided through a carefully curated programme that works directly with what your body needs at this moment in the year.

Movement and **fascia work** that releases deep tension and restores mobility.

Breathwork that gets energy flowing again.

Essential oils and sensory practices that support the body's natural transition.

You'll leave moving, breathing and functioning at a level that feels noticeably different from when you arrived.

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



About Cristiane



Cristiane has spent years developing a method that sits at the intersection of Pilates, yoga, fascia release, breathwork, sound healing and essential oils — always guided by one principle: that the body functions best when it is treated **as a whole system, not a collection of parts to fix.**

Her work addresses **the patterns the body holds** — tension that accumulates, energy that stagnates, mobility that quietly diminishes — and creates the conditions for the body to release, rebuild and move with genuine ease.

Every practice, every session, every sensory detail is chosen with intention — and **aligned to what the body specifically needs at that moment** in the year.

Not a generic wellness programme repeated across seasons. Something built for now.



“I wanted to create **weekend experiences** in a beautiful setting where the **body, mind, and senses** work together to **restore balance and energy.**”

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Éveil d'Essence: The Place & Hospitality

A private space, created for rest and comfort.

The weekend takes place in an elegant **private chalet**, reserved exclusively for the guests of Éveil d'Essence.

A **quiet, intimate setting** in the mountains — designed to offer calm, privacy, and a true sense of calm close to nature.



Accommodation

Each guest is welcomed into a carefully prepared room, with **several options available:**

- Private single rooms
- Double rooms for friends or companions
- Suites for those who wish for more space and comfort

Every room offers warmth, simplicity, and a restful atmosphere — so the body can truly let go.

Nourishment

Throughout the weekend, you will be nourished by a **private chef** who prepares wholesome, seasonal dishes using the highest quality ingredients.

Cuisine is inspired by **balance and vitality— tasteful, refined, and deeply supportive of spring energy.**

We also dine outside the chalet — to enjoy a refined local table and the hospitality of the region.

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: 22-24 May 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
- Targeted fascia release — unlocking deep tension
- Guided breathing and sensory practices
- Practical tools you can bring into daily life

Not included: transport to Château-d'Oex, additional treatments or massages, alcohol.

Price per person:

Private suite: CHF 2 150

Double room: CHF 1 850

No accommodation: CHF 1 450

Sign up now!



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online registration:

