

Éveil d'Essence

Late Summer
Retreat

The care you've been
needing.
The return to self
you've been missing.

PILATES • TCM •
BREATHWORK • NATURE



September
4–6
Château-d'Oex

Three days of centring movement,
sensory care, and deep rest — built
to restore your energy and bring you
back to yourself.



Not quite yourself.

Right now, something may feel a little scattered.

You start one thing, then get pulled toward another. Your list grows faster than you can move through it.

By evening, you can't quite say where the day went.
You're keeping up — work, family, everything else that needs you.

But somewhere in all of it, you've lost a bit of track of yourself.

Your body knows before you do.

Tension that sits in your neck and doesn't quite let go. Energy that drops hard, mid-afternoon.

That feeling of being everywhere, except here.

You've tried grabbing moments of rest where you can find them.
But it's not enough to really shift how you feel.

This season asks you to pause.

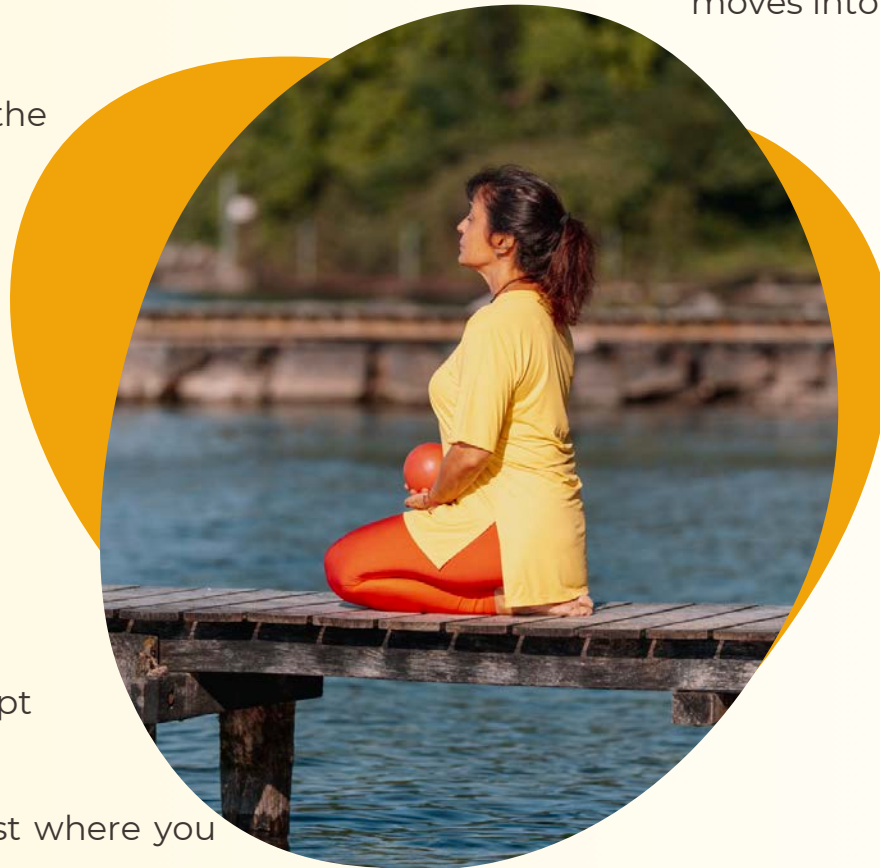
What you're feeling right now — a little scattered, less clear, not quite yourself — has a name in Traditional Chinese Medicine.

Your body is asking for a pause before it moves into the next season.

Late Summer is a transition season — the space between one cycle and the next.

It's connected to the Earth element: centre, digestion, and the return to balance before the next movement forward.

Éveil d'Essence Late Summer is built to answer exactly that.



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Contact Cristiane to learn more



Come back to your centre.

Everything here is designed to help you return to yourself — not by adding one more thing to manage, but by giving you somewhere to put down what you're carrying.



Because when you give your body a real pause, you stop just pushing through the season.

That's the difference between arriving at autumn depleted — and arriving ready.

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What these three days include

Centring Pilates — Movement that brings your attention back to the centre of the body: the strength that holds you up when everything else pulls you elsewhere.

TCM workshop — Understanding what your body is going through right now, and why. Concrete, not theoretical.

Time in nature — At different paces: some energising, some quiet enough to let you finally notice something.

Nourishment workshop — A conversation about food: what actually supports your energy as the season turns.

Release and real rest — Practices that let go of what's been building, and rest that actually restores, not just a pause between tasks.

Time that's yours — massage, private sessions, or simply time for yourself.



The place chooses you as much as you choose it.

Château-d'Oex, Switzerland

A private chalet in the Swiss mountains, reserved exclusively for our group.

No strangers. No noise.

This time of year, the Alps take on a different light — goldier, slower. The landscape itself invites you to slow down.

This is not a hotel.
This is not a spa.
This is a home for three days.



Your room

Private single rooms — for those who need solitude to restore.

Double rooms — for those coming with a friend or companion.

Suites — for those who want to give themselves a little more.

Each room is warm, simple and welcoming. A space where the body can settle and relax.

The food

Each meal is seasonal and nourishing, prepared by a private chef, and designed to support the body through its evolution over these three days.

In the evenings, the group dines together in the village — because nourishment is also conversation, laughter, and the feeling of sharing the experience with people on the same journey.



What is included

- Two nights in the private chalet
- All meals — prepared with care and intention
- All sessions — Pilates, TCM workshop, nature walks, and rest practices
- The wisdom Cristiane has never had space to share in a studio
- Practical tools you will actually use when you return home

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Who I am outside the studio.



You know me as your Pilates teacher.

But there is a version of me you haven't met yet.

I grew up in Brazil with nature as my first language. Animals. Seasons. The intelligence of the living world. That connection never left me — it became the foundation of everything I do.

Twenty years ago I began working with bodies professionally.

And then life handed me something I didn't choose.

Cancer.

I won't say it was a gift. It wasn't. But what came out of it was.

It taught me what **the body is truly capable of when you stop managing it and start trusting it** — something I know a lot of the women I work with are still learning to do. It deepened everything I knew and dismantled everything I thought I knew.

I came out the other side a different kind of practitioner.

The studio gives me one hour with you.

These three days give me everything else.



"I am not here to do the work for you. I am here to show you what becomes possible when you finally give yourself the time and space to do it." — Cristiane

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Three days. One decision.

This retreat is kept deliberately small. Because real work — the kind that changes something — requires intimacy.

It means I see you. Not the group. You.



September 4–6, 2026 • Château-d'Oex, CH

Your investment in yourself and your well-being:

- **Private suite:** CHF 2,150
- **Double room:** CHF 1,850
- **No accommodation:** CHF 1,450

All included, except travel and alcohol.

This is not a holiday.

It is not an escape from your life. It is three days that change how you return to it. That is all it takes.

A space to bring together the work you have already started — in your body, your mind, and your energy.

There are only few places

If something in you already knows — don't wait.

Message me directly. I will respond personally.

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"I'd love for you to be there."