

C'EST *la vie*

WELLNESS & RETREATS

PREPARING FOR THE RETREAT

**STARTING AT
LEAST 3 DAYS
PRIOR TO THE
DATE OF THE
RETREAT**

▪ **STOP SMOKING:**

Smoking draws a vast compilation of different chemicals into your lungs, bloodstream and liver.

▪ **EATING:** Start a Morning routine:

On an empty stomach: drink 16 oz of water with the juice of 1/2 lemon

Wait 15 minutes and then drink a simple smoothie (including leafy greens + 1 fruit of choice + orange juice or coconut water) or have a plate of fruit for breakfast

For middle morning snacks have some apples with celery sticks or some raw veggies (cucumber/carrot/celery sticks) with hummus

For the rest of the day keep eating fresh salads, fruits and start lowering your fat/protein intake

Reduce salt, oils, gluten, processed foods and refined sugar

Drink at least 1-2 litres of water each day

• **MENTAL:** prepared for all the good that is to come:

Positive energy and friendly demeanour.

Open mind for whatever new experiences may come in the upcoming days.

Clear out and handle all work obligations prior.

Remind family and friends you'll be on this retreat and disconnected.

Ensure your passport is up to date, and any tests or entry regulations are complete in advance.

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STARTING NOW

- **PACKING FOR YOUR RETREAT:** we recommend that you check the temperatures and upcoming weather of your destination.

Take comfortable clothes:

- ✓ Sports clothes, sweat & yoga pants and dry-fit t-shirts
- ✓ Long sleeve and full-length breathable pants

Something warm but definitely, layers (while every retreat is different, it can sometimes be hard to find a temperature to suit all clients, so taking a number of layers is always a good idea. Whether it be socks and jumpers, cardigans, blazers or sweatshirts.

- ✓ Shoes: a pair of trainers and walking boots
- ✓ Yoga mat (also provided by property)
- ✓ Rain jacket
- ✓ Bathing suit
- ✓ Toiletries and sunscreen
- ✓ Backpack or light-weight tote that slings over your back

BEFORE ARRIVING

- **DOCUMENTS:**

Make sure you have your passport, your flight tickets, Canada requirements (see: <https://e-travelonline.com/canada/>) and your reservation with you.

- **TRANSPORTATION:**

Book your taxi to Bel Air Resort, Mont Tremblant in advance (it is not included in the price of the retreat).

- **CHECKING TIME:**

Please, arrive at Bel air Resort before 1.30pm (if possible).

Inform of your approximative time of arrival.

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AT ARRIVAL

▪ CHECK IN/ CHECK-OUT:

Arrival is at 1.30 pm and the check-out is at 11am. If you arrive before 1.30am, we recommend you take a walk around the area, as we are preparing your retreat and cleaning the rooms. The staff will be ready to assist you from 1.30pm. Bel Air Resort hosts will give you a welcome package upon arrival.

The retreat is mostly in English, but we translate as much as we can. Armelle, the retreat coordinator speaks also French and Karen, the nutritionist, speaks also Spanish.

▪ PERSONAL EXAMINATION:

A 30minutes examination is scheduled for you in the afternoon according to your time of arrival (**some information should be given to C'EST LA VIE RETREAT, prior to arriving**).

▪ DINNER:

A group dinner is organised at 7.00pm on the day of your arrival. It will also be an opportunity to meet the team and the other guests.

▪ PRESENTATION OF THE PROGRAM:

after dinner, the team will present the program of the week.

DURING THE RETREAT

▪ SCHEDULE:

Review your personal program when it is handed to you. If you have any questions, they will be answered on the night of your arrival.

We kindly ask you to arrive on time at all activities scheduled in your personal program, as well at meals, workshops and Lectures.

▪ WI-FI:

The WI-FI reaches all the rooms and areas where we will have meals and workshops. This retreat could be the opportunity to also do a technology detox.