



FROM JULY 19TH TO 25TH 2020

BALANCE YOUR FOOD AND YOUR LIFE:
BRING MORE NATURE AND VITALITY IN IT !

**BODY
WORKSHOPS***

+

**COOKING
CLASSES**

+

**ENJOY TIME
TOGETHER**

**1 WEEK
FOR YOURSELF**

**IN A UNIQUE PLACE
IN OMBLÈZE, DRÔME, FRANCE**

***BODY AWAKENING
AND SELF-MASSAGE (DO-IN)**



WWW.LEGOUTDUSAINPLE.COM

FOOD WILL BE INSPIRED BY MACROBIOTICS:
A BALANCED PLATE,
WITH WHOLE ORGANIC NATURAL NOT-PROCESSED FOOD
+ LOCAL AND SEASONAL PRODUCTS

**Please come
and join us!**

Prices:

**575€ for 1 pers.
1050€ for 2 people
1450€ for 3 people**

Early birds until 15/04:

**475€ for 1 pers.
890€ for 2 people
1290€ for 3 people**

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