



**FROM MAY 14 TO MAY 17, 2025**

Each participant will receive an exclusive selection of flagship products from Natasha Andrews and the Fontenille Collection team, designed to enhance your daily well-being, sensory, and holistic rituals.

## WEDNESDAY

*70 Hectares... & l'Océan*

- 2:00 PM** - Arrival, check-in, free time
- 5:00 PM** - Opening of the retreat
- 6:00 PM** - Breathwork & alignment workshop
- 7:30 PM** - Light dinner among the pines  
Beginning of the fast

## THURSDAY

*70 Hectares... & l'Océan*

*Plage des Bourdaines*

- 7:30 AM** - Ride & Morning swim
- 8:30 AM** - Sangraha Yoga & Pranayama session
- 10:30 AM** - Lymphatic drainage workshop and facial cryotherapy with LB Facialists
- 12:30 PM** - Energizing brunch
- 2:00 PM** - Free time, rest, beach, pool
- 5:00 PM** - Hike in the pine forest, Orange Circuit from La Palombière to Seignosse
- 7:30 PM** - Light dinner at 70 Hectares and beginning of the fast

## FRIDAY

*70 Hectares... & l'Océan, Les Hortensias du Lac*

*Plage des Bourdaines, Plage des Estagnots*

- 7:30 AM** - Ride & Morning Swim
- 8:30 AM** - Sangraha Yoga + Pranayama session
- 10:30 AM** - Bike transfer to Les Hortensias du Lac
- 11:00 AM** - Access to the Spa at Les Hortensias du Lac  
50-minute body massage (Group 1)
- 12:30 PM** - Energizing brunch at Les Hortensias du Lac by Chef Philippe Moreno
- 2:00 PM** - Access to the Spa at Les Hortensias du Lac  
50-minute body massage (Group 2)
- 5:00 PM** - Bike transfer to Plage des Estagnots and aperitif at La Cabane des Estagnots
- 7:30 PM** - Light dinner at 70 Hectares and beginning of the fast

## SATURDAY

*70 Hectares... & l'Océan, Plage des Estagnots*

- 7:30 AM** - Ride & Morning Swim
- 8:30 AM** - Yoga + Strength & Deep Relaxation session
- 10:30 AM** - Culinary workshop on super ingredients with Natasha Andrews
- 12:00 PM** - Check out
- 12:30 PM** - Energizing brunch  
Closing of the retreat

### PRICING CONDITIONS

- Weekend Retreat 3 Nights / 4 Days (Wednesday to Saturday) at 70 Hectares... & the Ocean: This offer includes all activities from Wednesday, Thursday, Friday, and Saturday, as well as meals and overnight stays on Wednesday, Thursday, and Friday nights. The retreat will take place mainly at the 70 Hectares... & the Ocean hotel, with electric bikes provided for participants to use for transfers to the various activities around the hotel.

Price: 1,915€ per person

Payment: 50% upon reservation and 50% upon arrival, non-refundable and non-cancellable

- Preferential Rate for the Night of Tuesday, May 13: 190€ per person (excluding breakfast)

- Rate for the Night of Saturday, May 17: 240€ per person (excluding breakfast).

Reservations via email at [reservations@70hectares.com](mailto:reservations@70hectares.com)

### HOTEL ACCESS

- 901 avenue du Belvedere, 40510 Seignosse - France, + 33 (0)5 58 45 76 16

- 40 minutes by car from Biarritz Airport

- 45 minutes by car from Dax TGV train station