

PROGRAM

Daily Self care workshop :

Yoga, Breath work, Self-care practices,
and Massage workshop

ENERGY BATH

in the Deep Forest

The Black Mountain- South of France

Accommodation :

LOCATED IN THE HEART OF THE FOREST ,
Highly visited by conscious being and Nature
Lovers

from all over the world

YOU WILL SPEND

5N/6D in a traditional house surrounded by
the forest...

A private, hands-on experience, limited to just
3/4guests

Single room or shared room (Apply for more
details)

Breakfast, lunch, evening snacks and treats
included

JUNE-JULY-AUGUST 2026

Trainings are available for 6 Days or WEEK-
END

Guided tours are organized to our olive farm
and local Farmer Market as well as Hikes with
Breathtaking views of the Pyrénées Mountains
and

Les Gorges de la Cesse- Minerve City

RAW CULINARY AND WELLNESS TRAINING

COOKING CLASSES

VEGAN -PLANT BASED-RAW SATTVIC

IMMERSE & BOOST YOURSELF IN THE HEART OF THE FOREST WITH VIBRANT ENERGY

CULINARY AND YOGA CULINARY AND MASSAGE CULINARY AND ENERGY

Discover

Our plant-based and raw cooking workshops

with SPECIAL CULINARY RECIPES

Learn our best recipes for healthy and easy
cooking.

Our meals will be 100% organic, vegan and
prepared with our Olive Oil from our Organic
Farm, on an Ayurvedic and Yogic
foundation.

Traditional Hatha Yoga:

Essential postures for energetic, physical, and
mental balance

Traditional therapeutic massages, essential for
energy flow, physical and mental balance.

+ a free book

"The Secrets of Detox Juices"
to help you put everything
you've learned into practice.

Book your stay today!

Visit www.nathalielorenzo.com for details and
reservations.