



PARIS · A WEEKEND SABBATICAL

2 - day Urban (Yoga) Retreat

Recalibrate. Rest. Renew. Reset.

Whether you are forgoing your holidays, are on your holidays or just simply need a reset, this two-day, urban sabbatical allows you to retreat and reset.

No luggage. No flights. Just Paris, and the space to breathe in it.

AUG 15–16 / AUG 29–30

[RESERVE YOUR WEEKEND](#)

Meet Terre

Inspired by the teachings of K. Pattabhi Jois, B.K.S. Iyengar, Yogananda, David Life, Eric Schiffmann and Shiva Rea, Terre began her yoga journey over 17 years ago. After enhancing her practice in India, Thailand and Japan, she was certified as a Yoga Alliance Instructor in 2003 at Centered Yoga. As a wellness consultant, Terre focuses on transformation and encourages students to practice beyond the classroom in order to live a balanced life. Her vinyasa classes incorporate asanas that invigorate the entire body while stilling the mind – building strength, power, flexibility, grace and awareness.

Terre's aim is to empower her students to be the very best that they can be in their own bodies. She regularly attends and conducts training, workshops and retreats around the globe with teachers and students from all yoga styles.



Vinyasa – Sunrise Yoga
Ashtanga (Mysore) – Hatha

THE IDEA

You don't need a plane ticket to feel like you've gotten away. We propose that you simply give yourself permission to *slow down*.

Across one weekend, you'll move gently through the city's quietest corners: along the Seine at sunrise, in the park by midmorning and into stillness by sunset. Each session is designed around connection, self awareness and self care.

THE DAYS

A full mind- body- spirit experience as each day guides you to recalibrate your thoughts, reset your intentions, renew your body and rest your spirit. .



DAY ONE

- MORNING**
Recalibrate **Guided journaling on the Seine**
Followed by a meditative walk to the park, gentle yoga, and a Thai massage
- AFTERNOON**
Rest **Time to yourself**
A healthy lunch , wander, take a nap, or simply do nothing — no schedule to keep
- EVENING**
Renew **Reformer session**
Followed by an unhurried evening walk

DAY TWO

- MORNING**
Reset **Guided Goal-setting journaling in the park**
Followed by yoga, meditation, and a nice walk to a beautiful tea salon
- AFTERNOON**
Rest **Time to yourself**
Let the morning settle with a healthy lunch — no agenda, no group activity
- EVENING**
Renew **Closing sound bath**
Followed by an evening apero, a sharing circle, and a quiet finish, carried gently back into your coming week

If any of this sounds like what you need, know that each day was built with YOU in mind

Is this weekend for you?

- You cannot take a real holiday this summer
- You're local and craving a reset without leaving the city
- You're comfortable moving between group sessions and quiet time
- You're in Paris already and want something deeper than sightseeing
- You want structure, but also long stretches of unclaimed time
- You want to leave with a clearer sense of what's next for you



THE SELF-CARE INVESTMENT

Each day is priced around studio and/or outdoor sessions, guided facilitation and coaching, tea, apero, transit, and spa services.

SAVE €26

DAY ONE · RECALIBRATE

€245

- Guided journaling & walks
- Yoga session
- Thai massage
- Reformer Pilates

DAY TWO · RESET

€150

- Guided journaling & walks
- Yoga session
- Tea House
- Evening sound bath
- Transportation to & from sound bath
- Evening apero & sharing circle

FULL WEEKEND

€369

- Two-day inclusive package
- Priority booking on add-ons
- One arc: Recalibrate → Rest → Renew → Reset

Optional Add-Ons

Upgrade Thai massage to full Hammam / Gommage / Spa experience	+€109
Additional reformer pilates session	€40
Additional goal-setting/ coaching session	€50
Evening yoga class	€30

Pricing reflects yoga and reformer pilates sessions, spa services, sound bath session, facilitation /coaching fees, transportation and drinks.

Choose Your Weekend

Aug 15–16

Aug 29–30

For more information or to reserve a space please email yogaclubparis@gmail.com with **Urban Retreat** in the subject line.

- Name
- Email address
- Phone number
- Weekend of Interest
- Yoga level (new / some experience / experienced)
- Goal for the weekend

A 2-day Sabbatical: Weekend Urban (Yoga) Retreat in Paris

Limited to 8 participants per weekend

[RESERVE YOUR WEEKEND](#)

We would love to stay connected with you! Please do join us on [Facebook](#), [Instagram](#), [LinkedIn](#), [MeetUp](#) and share your stories with us.



Welcome to the Club!