ENTOURAGE

SUR-LE-LAC

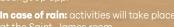
WELLNESS EXPERIENCE GUIDE

Entourage sur-le-Lac offers many activities and a complete experience focused on well-being and the art of living. Throughout your stay, you will be able to benefit from the amenities and activities that are made possible thanks to the common stay costs. Make the most of our great playground!

- Défi-Évasion® riddle trail for the whole family
- Sports activities supervised by a coach
- Multifunctional training room
- Outdoor fire pits
- Outdoor pool (open 8 am 10 pm) (adults only after 8 pm) and Jacuzzi (open 7 am- 11 pm)
- Water activities: Paddle board (SUP), Kayak and Canoe (available from 8 am - 8 pm)
- ... Hybrid bikes
- ~ Volleyball court
- ~~ Pool table
- ~ Ping pong
- --- High-speed Internet
- Enomatic (\$)
- ~ Privileged departure at Golf La Tempête

Activities description

Reservation required please book before 9 pm the day before on our



- Collaboration with the 6AM Club running club. Meet us every Friday at Entourage (6 am). 6 km journey: speed of 6-6h30 km/h and coffee (\$) at the end of the activity at the restaurant. Open to everyone!
- * Open water swimming: distance of 1,500 to 2,500 m per workout which will be structured in the form of

SATURDAY, JUNE 21

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am Paddle yoga

with Élie Meet us at the beach

10:30 am to 11:30 am

Dragon boat Meet us at the dock

SUNDAY, JUNE 22

MONDAY, JUNE 23

5:45 pm

Open water swimmina** with Thomas Meet us on the left of the beach

TUESDAY, JUNE 24

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach



WED., JUNE 25

8:45 am to 9:45 am &

10 am to 11 am Guided paddle board ride with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Fit yoga with Josiane Meet us at the beach

6:30 pm

Open water swimmina** with Laurie & Nicolas Meet us on the left of the beach

THURSDAY, JUNE 26

ACTIVITIES CALENDAR | Summer 2025

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, JUNE 27

5:55 am - 6AM Club de course - 6 km road journey *

Meet us at the parking in front of the hotel with Jasmine & Anthony

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm Teen yoga

(13-17 years) with Élie Meet us at the beach

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach



SUNDAY. JUNE 29

Morning yoga with Véronique Meet us at the beach

Parent-children yoga with Véronique Meet us at the beach

MONDAY, JUNE 30

9 am to 10 am

and anti-stress with Véronique Meet us at the beach

10:15 am to 11:15 am

Meet us at the beach

3 pm to 4 pm

with Maryline Meet us at the beach

Open water swimming** with Thomas

9 am to 10 am

with Josiane Meet us at the beach

Meet us at the beach

board ride with Cathy Meet us at the beach

Mediation session at sunset

WED., JULY 2

8:45 am to 9:45 am & 10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Fit yoga with Josiane Meet us at the beach

6:30 pm

Open water swimmina** with Laurie & Nicolas Meet us on the left of the beach

Meet us at the beach

Paddle yoga

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, JULY 4

5:55 am - 6AM Club

de course - 6 km road journey * Meet us at the parking in front of the hotel with Jasmine & Anthony

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am Paddle yoga

with Élie Meet us at the beach

11:30 am to 12:30 pm

1:30 pm to 2:30 pm &

SLEEP WELL. MOVE WELL. EAT WELL. DRINK WELL.

SATURDAY, JUNE 28

9 am to 10 am



9 am to 10 am

10:15 am to 11:15 am

Yoga breathing

Paddle yoga with Véronique

1:30 pm to 2:30 pm &

Qi-gong

5:45 pm

Meet us on the left of the beach

TUESDAY, JULY 1st

Morning yoga

10:15 am to 11:15 am

Parent-children yoga with Josiane

4 pm to 5 pm

Guided paddle

8 pm to 8:45 pm

with Edith mEDITHe Meet us at the beach

THURSDAY, JULY 3

9 am to 10 am

Morning yoga with Élie

10:15 am to 11:15 am

with Élie Meet us at the beach

Teen yoga (13-17 years) with Elie Meet us at the beach

3 pm to 4 pm Qi-gong with Maryline

Meet us at the beach

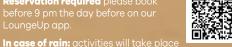
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- Outdoor pool (open 8 am 10 pm) (adults only after 8 pm) and Jacuzzi (open 7 am- 11 pm)
- water activities: Paddle board (SUP), Kayak and Canoe (available from 8 am - 8 pm)
- ~ Volleyball court
- ~~ Pool table
- ~ Ping pong
- -- High-speed Internet

Activities description

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- * Open water swimming: distance of 1,500 to 2,500 m

SATURDAY, JULY 5

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach



SUNDAY, JULY 6

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Véronique Meet us at the beach

MONDAY, JULY 7

9 am to 10 am

Yoga breathing and anti-stress with Véronique Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Véronique Meet us at the beach

1 pm to 2 pm & 2:30 pm to 3:30 pm

Painting on canvas & pebble with Claudine Meet us at the beach

5:45 pm

Open water swimming** with Thomas Meet us on the left of the beach

TUESDAY, JULY 8

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

4 pm to 5 pm

Introduction to paddle boarding with Cathy Meet us at the beach

8:15 pm to 9 pm

Sunset meditation session with Edith mEDITHe Meet us at the beach

WED., JULY 9

8:45 am to 9:45 am Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am Morning yoga

with Josiane Meet us at the beach 10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

10:15 am to 11:15 am Pilates with Josiane Meet us at the beach

1 pm to 2 pm &

2:30 pm to 3:30 pm Bracelet creation with Claudine Meet us at the beach

6:30 pm Open water swimmina**

with Laurie & Nicolas Meet us on the left of the beach

THURSDAY, JULY 10

ACTIVITIES CALENDAR | Summer 2025

9 am to 10 am

Morning yoga with Élie Meet us at the beach

9:30 am to 10:30 am & 11 am to 12 pm

Painting on canvas & pebble with Claudine Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, JULY 11

5:55 am - 6AM Club de course - 6 km road journey *

Meet us at the parking in front of the hotel with Jasmine & Anthony

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, JULY 18

5:55 am - 6AM Club

Meet us at the parking

in front of the hotel with

de course - 6 km

Jasmine & Anthony

8:45 am to 9:45 am

Introduction to paddle

boarding with Cathy

road iournev *

SATURDAY, JULY 12

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach



SUNDAY, JULY 13

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Véronique Meet us at the beach



MONDAY, JULY 14

9 am to 10 am Yoga breathing

and anti-stress with Véronique Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Véronique Meet us at the beach

1 pm to 2 pm & 2:30 pm to 3:30 pm

Painting on canvas & pebble with Claudine Meet us at the beach

5:45 pm

Open water swimmina** with Thomas Meet us on the left of the beach

TUESDAY, JULY 15

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

11 am to 12 pm & 12 h 30 à 13 h 30

Bracelet creation with Claudine Meet us at the beach

4 pm to 5 pm

Introduction to paddle boarding with Cathy Meet us at the beach

WED., JULY 16

8:45 am to 9:45 am Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10 am to 11 am Guided paddle board ride with Cathy Meet us at the beach

10:15 am to 11:15 am Pilates with Josiane Meet us at the beach

6:30 pm

Open water swimming** with Laurie & Nicolas Meet us on the left of the beach

8 pm to 8:45 pm

Sunset meditation session with Edith mEDITHe Meet us at the beach

THURSDAY, JULY 17

9 am to 10 am Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

Meet us at the beach 11:30 am to 12:30 pm 9 am to 10 am

Morning yoga Teen yoga with Véronique (13-17 years) Meet us at the beach with Élie 10 am to 11 am Meet us at the beach

Guided paddle board

ride with Cathy Meet us at the beach

10:15 am to 11:15 am Paddle yoga with Véro

Meet us at the beach 11:30 am to 12:30 pm Teen yoga (13-17 years) with Élie Meet us at the beach

SLEEP WELL. MOVE WELL. EAT WELL. DRINK WELL

ENTOURAGE

SUR-LE-LAC

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- ~~ Pool table
- ~ Ping pong
- --- High-speed Internet
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Activities description

Reservation required please book



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SATURDAY, JULY 19

10:30 am to 11:30 am

Dragon boat Meet us at the dock

Creation of cookies with Jezzz Biscuit Meet us at St. James

1 pm to 2 pm: Child workshop 2:15 pm to 3:15 pm: Teen workshop

SUNDAY, JULY 20

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Véronique Meet us at the beach



MONDAY, JULY 21

9 am to 10 am

Yoga breathing and anti-stress with Véronique Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Véronique Meet us at the beach

Creation of cookies with Jezzz Biscuit

Meet us at St. James 1 pm to 2 pm: Child workshop 2:15 pm to 3:15 pm: Teen workshop

5:45 pm

Open water swimming** with Thomas. Meet us on the left of the beach

8 pm to 8:45 pm

Sunset meditation session with Edith mEDITHe Meet us at the beach

TUESDAY, JULY 22

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

3 pm to 4 pm & 4:30 pm to 5:30 pm

Painting on canvas & pebble with Claudine Meet us at the beach

4 pm to 5 pm

Introduction to paddle boarding with Cathy Meet us at the beach

WED., JULY 23

8:45 am to 9:45 am

Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

10:15 am to 11:15 am

Pilates with Josiane Meet us at the beach

6:30 pm

Open water swimming** with Laurie & Nicolas Meet us on the left of the beach

THURSDAY, JULY 24

ACTIVITIES CALENDAR | Summer 2025

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

1 pm to 2 pm & 2:30 pm to 3:30 pm

Bracelet creation with Claudine Meet us at the beach

FRIDAY, JULY 25

5:55 am - 6AM Club de course - 6 km road journey *

Meet us at the parking in front of the hotel with Jasmine & Anthony

9 am to 10 am Morning yoga with Élie Meet us at the beach

9:30 am to 10:30 am &

11 am to 12 pm Painting on canvas & pebble with Claudine Meet us at the beach

10:15 am to 11:15 am Paddle yoga with Elie Meet us at the beach

11:30 am to 12:30 pm Teen yoga (13-17 years) with Élie

Meet us at the beach **Astronomy Evening** 8 pm - Conference 9 pm - Observation Meet us at Salle Légendaire

FRIDAY, AUGUST 1

5:55 am - 6AM Club

de course - 6 km

parking in front of

Jasmine & Anthony

Morning yoga with Élie

road iournev *

Meet us at the

the hotel with

9 am to 10 am

SATURDAY, JULY 26

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

10:30 am to 11:30 am

Dragon boat Meet us at the dock



SUNDAY, JULY 27

8:45 am to 9:45 am Introduction to paddle boarding with Cathy Meet us at the beach

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach



MONDAY, JULY 28

9 am to 10 am Morning yoga

with Karine Meet us at the beach

10:15 am to 11:15 am

Teen yoga (13-17 years) with Karine Meet us at the beach

1 pm to 2 pm & 2:30 pm to 3:30 pm

Painting on canvas & pebble with Claudine Meet us at the beach

5:45 pm

Open water swimmina** with Thomas Meet us on the left of the beach

TUESDAY, JULY 29

9 am to 10 am Morning yoga with Josiane

Meet us at the beach

10:15 am to 11:15 am Parent-children yoga with Josiane

1 pm to 2 pm

Bracelet creation with Claudine Meet us at the beach

Meet us at the beach

4 pm to 5 pm

Introduction to paddle boarding with Cathy Meet us at the beach

WED., JULY 30

8:45 am to 9:45 am Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

10:15 am to 11:15 am

Pilates with Josiane Meet us at the beach

6:30 pm

Open water swimmina** with Laurie & Nicolas Meet us on the left of the beach

THURS.. JULY 31

9 am to 10 am Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

(13-17 years)

with Élie

Paddle yoga with Élie Meet us at the beach

Meet us at the beach

Meet us at the beach 11:30 am to 12:30 pm Teen yoga

10:15 am to 11:15 am Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

Astronomy Evening 8 pm - Conference

9 pm - Observation Meet us at Salle Légendaire

SLEEP WELL. MOVE WELL. EAT WELL. DRINK WELL.

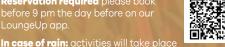
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- water activities: Paddle board (SUP), Kayak and Canoe (available from 8 am - 8 pm)
- ~ Hybrid bikes
- \sim Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ High-speed Internet
- Enomatic (\$)
- Privileged departure at Golf La Tempête

Activities description

Reservation required please book before 9 pm the day before on our



at the Saint-James room

- Collaboration with the 6AM Club running club. Meet us every Friday at Entourage (6 am). 6 km journey speed of 6-6h30 km/h and coffee (\$) at the end of the activity at the restaurant. Open to everyone!
- * Open water swimming: distance of 1,500 to 2,500 m per workout which will be structured in the form of intervals and supervised by coaches/lifeguards.

SAT., AUGUST 2

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

10:30 am to 11:30 am

Dragon boat Meet us at the dock

Creation of cookies with Jezzz Biscuit

Meet us at St. James 1 pm to 2 pm: Child workshop 2:15 pm to 3:15 pm: Teen workshop

SUNDAY, AUGUST 3

5:45 pm

Open water swimming** with Thomas Meet us on the left of the beach

MONDAY, AUGUST 4



TUESDAY, AUGUST 5

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

4 pm to 5 pm

Qi-Gong with Maryline Meet us at the beach

WED., AUGUST 6

9 am to 10 am

Qi-Gong with Maryline Meet us at the beach

10:15 am to 11:15 am

Qi-Gong with Marvline Meet us at the beach

6:30 pm

Open water swimming** with Laurie & Nicolas Meet us on the left of the beach

THURS., AUGUST 7

ACTIVITIES CALENDAR | Summer 2025

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, AUGUST 8

5:55 am - 6AM Club de course - 6 km road journey *

Meet us at the parking in front of the hotel with Jasmine & Anthony

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

SAT., AUGUST 9

9 am to 10 am Morning yoga

with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach



SUNDAY, AUGUST 10

9 am to 10 am Morning yoga

with Véronique Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Véronique Meet us at the beach

MONDAY, AUGUST 11

9 am to 10 am

Yoga breathing and anti-stress with Véronique Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Véronique Meet us at the beach

5:45 pm

Open water swimmina** with Thomas Meet us on the left of the beach

TUESDAY, AUGUST 12

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

4 pm to 5 pm

Introduction to paddle boarding with Cathy Meet us at the beach

WED., AUGUST 13

8:45 am to 9:45 am Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am Morning yoga with Josiane Meet us at the beach

10 am to 11 am Guided paddle board ride with Cathy Meet us at the beach

10:15 am to 11:15 am Pilates with Josiane

Meet us at the beach 6:30 pm

Open water swimmina** with Laurie & Nicolas Meet us on the left of the beach

7:45 pm to 8:30 pm Sunset meditation

session with Edith mEDITHe Meet us at the beach

THURS., AUGUST 14

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am Paddle yoga

with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, AUGUST 15

5:55 am - 6AM Club de course - 6 km road iournev *

Meet us at the parking in front of the hotel with Jasmine & Anthony

9 am to 10 am

Morning voga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle voga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen voga (13-17 years) with Élie Meet us at the beach

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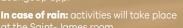
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- ~~ Pool table
- ~ Ping pong
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SAT., AUGUST 16

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Véronique Meet us at the beach

SUNDAY, AUGUST 17

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Véronique Meet us at the beach

MONDAY, AUGUST 18

9 am to 10 am

Yoga breathing and anti-stress with Véronique Meet us at the beach

10:15 am to 11:15 am

Paddle voaa with Véronique Meet us at the beach

5:45 pm

Open water swimmina** with Thomas Meet us on the left of the beach

7:30 pm to 8:15 pm

Sunset meditation session with Edith mEDITHe Meet us at the beach

TUESDAY, AUGUST 19

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

4 pm to 5 pm

Introduction to paddle boarding with Cathy Meet us at the beach

WED., AUGUST 20

8:45 am to 9:45 am

Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

10:15 am to 11:15 am

Pilates with Josiane Meet us at the beach

6:30 pm

Open water swimming** with Laurie & Nicolas Meet us on the left of the beach

THURS., AUGUST 21

1 pm to 2 pm & 2:30 pm to 3:30 pm

Painting on canvas & pebble with Claudine Meet us at the beach

8:45 am to 9:45 am

Introduction to paddle boarding with Cathy Meet us at the beach

ACTIVITIES CALENDAR | Summer 2025

5:55 am - 6AM Club

de course - 6 km

parking in front of

Jasmine & Anthony

road journey *

Meet us at the

the hotel with

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

1 pm to 2 pm & 2:30 pm to 3:30 pm

Painting on canvas & pebble with Claudine Meet us at the beach

FRIDAY, AUGUST 22 SAT., AUGUST 23

8:45 am to 9:45 am

Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 9:45 am Meditation session with Edith mEDITHe Meet us at the beach

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

SUNDAY, AUGUST 24



MONDAY, AUGUST 25

4 pm to 5 pm Introduction to



TUESDAY, AUGUST 26

paddle boarding with Cathy Meet us at the beach



WED., AUGUST 27

8:45 am to 9:45 am Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

10:15 am to 11:15 am

Pilates with Josiane Meet us at the beach

6:30 pm

Open water swimmina** with Laurie & Nicolas Meet us on the left of the beach

THURS.. AUGUST 28

9 am to 10 am Morning yoga

with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm Teen yoga

(13-17 years) with Élie Meet us at the beach

FRIDAY, AUGUST 29

5:55 am - 6AM Club de course - 6 km road journey *

Meet us at the parking in front of the hotel with Jasmine & Anthony

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

SAT., AUGUST 30

9 am to 10 am Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am Paddle yoga with Élie Meet us at the beach

10:30 am to 11:30 am Dragon boat Meet us at the dock

SUN., AUGUST 31

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

MONDAY, SEPT.

9 am to 10 am Morning yoga with Élie Meet us at the beach

5:45 pm

Open water swimming** with Thomas Meet us on the left of the beach



SLEEP WELL. MOVE WELL. EAT WELL. DRINK WELL.