



HOLISTIC RETREAT  
SOUTH OF FRANCE

THE MAXIMUM VALUE.  
THE MAXIMUM WELL BEING.

the place of healing silence

académie française  
d'architecture humaine.

5 DAY AT CHEZ ZeN . SOUTH OF FRANCE  
**Xmas + newYEAR 21/2022**

# REBEL BUDDHA SPECIAL

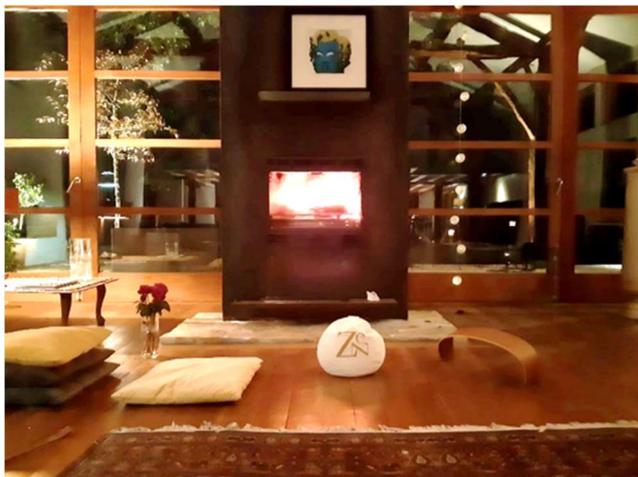
## THREE REBORN + HEALING Retreats WITH EXTENSION OPTION

pre **X**mas week . December 18-22, 2021  
Let go of the past year. Regenerate .  
Rejuvenate. Vision YOUR souls gifts. And tune  
with us into the Christmas mood.

post **X**mas week . December 25-29, 2021  
detox & pre new years detox

new**Y**ear's rebel buddha special . December 30, 2021 -  
Life is your show! Envision your new year by January 3, 2022  
year by first marrying yourself for the self  
realisation you deserve. Because it's YOUR  
birthright. YOUR coming year.

Empowerment Coaching . Ying + Hatha Yoga . Ayurveda Cuisine Bodywork . Detox  
Silence . Theta Meditations . Sensual dance . evenings in the wood-fired outdoor  
sauna with homemade herbal infusions . fireplace evenings . salt water pool  
Healing Massages . double rooms for single use.



*"It is no measure of health to be well adjusted to a profoundly sick society."* Krishnamurti

### **description**

We welcome you to a contemporary multi-therapeutic retreat experience without esoteric rituals.

With dedication this seminar concept was developed for people who:

- are at a turning point in their lives and are waiting for answers
- long for a deep regeneration from the stress of everyday life
- want to gain a deep understanding of how our carefree state of being can be reactivated. independently and therefore in the long run!
- strive for a comprehensive change of perception, towards the Buddha Peace we all long for.

To increase and reactivate the quality of life we have developed the following healing approach:

- regenerate . recognize . experience . rebel . let go
- reprogram . heal

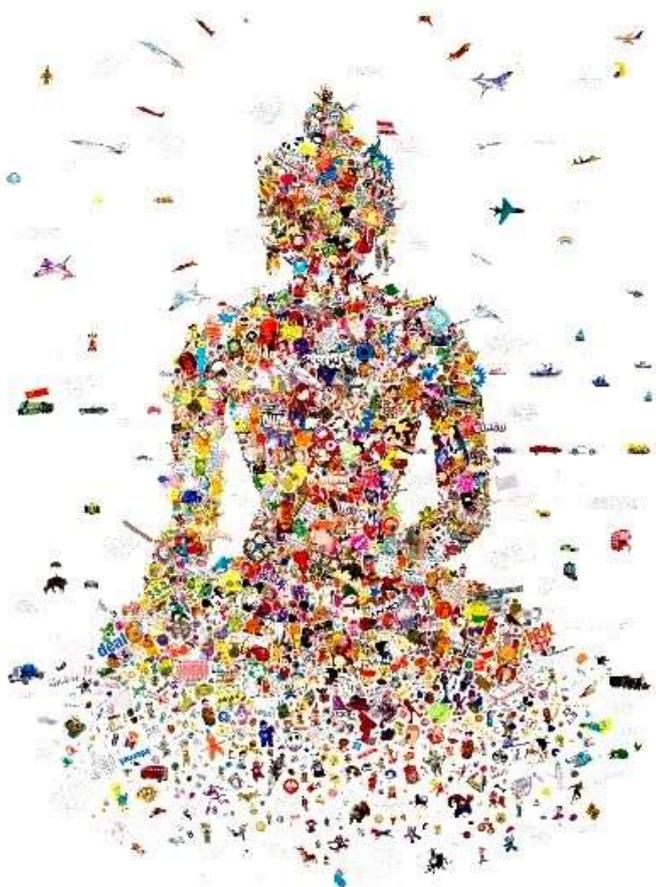
in a warm, homely and comfortable atmosphere surrounded by a picturesque, calm nature.

At CHEZ ZeN, neuroscientific insights and ancient practices are holistically melting into each other in order to provoke a complete shift of perception.

Our most popular retreat was designed by CHEZ ZeN founders, to guide our guests into this state of connectedness, so that they can re-discover their unique resources, feel the magic of each moment and break into freedom.

Some people still remember that state from their childhoods. Just as the Rebel, who explored the inner and outer world with innocence and wildness. Until the "sorry vestiges of obedience" overshadowed our freedom.

This experienceability of the pure essence is always accessible!



All we have to do is to remove the conditioned layers of

CONCEPTS - OPPOSITIONS - PROJECTIONS and FEARS

to recognize, accept and replace them

-

in order to then discover the mighty source of our

CREATIVITY - JOY - INTUITIVE INTELLIGENCE, LOVE and  
UNBREAKING CONSCIOUSNESS

For one week, we will create the space for this clarified perception.

Inspired by modern science, we use the most direct way to your own inner wisdom. Your Rebel Buddha.



**important notes:**

This is not group therapy! Your processes do not require notification. Enjoy receiving and design your stay at the CHEZ ZeN according to your needs!



The seminar will be held on a multi-lingual basis.

**characteristics 5 seminar days:**

- fresh Ayurveda & cross over cuisine, brunch in silence and dinner
- personal first consultation
- possibility for daily consultations (bookable on site)
- 4 x activating Hatha yoga
- 3 x guided healing Meditation & Life Coaching incl. daily exercises
- 3 x trauma sensitive Bodywork
- 1 gentle Detox Day
- 1 day in noble silence for the participants who want it (same program)
- 2 sessions of Sauna
- 60 minutes Ayurveda or Shiatsu massage
- Saltwaterpool
- Final consultation
- 30 minutes personal coaching after the retreat by phone



## **schedule**

*(the order might be subjected to small changes, according to the dynamic of the group and weather conditions)*

### **Day 1 Arrival & relaxation**

4:00pm Check-in - welcome drink - discovering of CHEZ ZeN

5:00pm Group meets team

6:00pm Personal consultations, if necessary anamnesis

7:00pm Ayurvedic and cross over dinner [**only post Xmas**

**week:** Banquet, 21:00 - 22:00 cocoa ceremony, 10:30 pm - 11:30 pm Sensual Dance, 5 Elements Dance Meditation, Fireplace, Party . . . ]

8:00pm A romantic and relaxing end to the day in the wood-fired outdoor sauna with homemade herbal infusions

### **Day 2 Universal laws vs our concepts**

8:00am Tea and light morning snacks

8:15am Activating Hatha yoga

9:30am Mindful brunch (in silence)

free time for nature walks, chats, reading, massage...

12:00am Guided meditation and life coaching

1:30pm free time for massage + exploring

4:30pm Sensual Bodywork

6:30pm Ayurvedic and cross over dinner

[**only new Year:** Banquet, 21:00 - 22:00 cocoa ceremony, 10:30 pm - 11:30 pm Sensual Dance, 5 Elements Dance Meditation, Fireplace, Party . . . ]  
festive dinner on New Year's Eve followed by a celebration

7:30pm Personal slot with one of the teachers if needed.

Free evening for sunset walks / dancing / sauna

**Day 3      Authenticity and forgiveness + Gentle Detox day,  
letting go + A code for Emotions**

Detox juices and soup fasting

Same as day 2

**Day 4      Silent day, focus in life**

Same schedule as days before

4:30pm Closing circle

romantic campfire, Farewell party (optional)

[**only pre Xmas week:** Banquet, 21:00 - 22:00 cocoa ceremony, 10:30 pm - 11:30 pm Sensual Dance, 5 Elements Dance Meditation, Fireplace, Party . . . ]

**Day 5 Home sweet home and integration**

8:00am Hatha yoga

9:00am Mindful breakfast (not in silence anymore)

10:00am Final consultation, Goodbye and departure



**notes + informations**

- Additional shiatsu massages can be booked daily and by arrangement.
- If a guest of the CHEZ ZeN arranges another guest, both people receive a discount of 5% on the weekly retreat price with the booking confirmation



**This Healing Retreat series was developed on the following principles, methods and teachings, according to which Pia Isabel Rössle and the team work in trauma therapy:**

- . "Imagery" psychiatrist Dr. med. Gerald Epstein
- . "Letting go technique" - Dr. med. Dr. phil David Hawkins
- . "Wholeness and Radical Responsibility" - Psychiatrist Ron Smothermon
- . "Somatic Experiencing". Natural self-regulation in the nervous system. - Dr. Peter Levine
- . "Polyvagal Theory" by Dr. Stephen W. Porges
- . "Against obedience" by Arno Gruen
- . Sensual Dance - Isabel Rössle (Somatic Experiencing Effect)
- . "Awakening Code" - Mario Amenti
- . Reconnection Coaching - Mari Nil
- . Mindfulness - Prof. Jon Kabat-Zinn
- . Vipassana - Buddhism
- . Tantra versus Yoga - Osho

**instructors**



**Pia Isabel**, raised in Chile and Germany.

Psychologist, meditation teacher, life coach and founder of CHEZ ZeN Holistic Retreats. Mother and globetrotter.

With 25 years of meditation practice, holistic trainings and extended stays in India, Isabel Rössle has developed her own healing meditations and theta healings that have long-lasting, trauma healing effects as they involve cellular consciousness and brainwave levels. The goal of her practices is to enable her clients to independently reproduce what they have experienced so that healing processes can manifest.



**Gwendoline**, raised in the south of France.

Gwendoline has been studying Hatha yoga and hypnosis in India. She teaches in her own studio and abroad also yoga for children and pregnancy yoga.



**Laetitia**, raised in the south of France.

very experienced, highly qualified and sensitive massage therapist with state certification.



**Jorge**, born in El Salvador and raised in the south of France.  
Long-standing and internationally experienced chef and  
Ayurveda cook.



**booking options 2021/2022 seminar rebel buddha**

December 18-22, 2021

December 25-29, 2021

December 30, 2021 to January 3, 2022



**arrangement price**

Retreat package in a double room as single room use including all listed services and treatments, massage, as well as daily breakfast tea, brunch and dinner per person per person.

1.428,- EURO

Freshly prepared vegan Ayurvedic board, breakfast tea, brunch and dinner with several dishes, all hot and cold drinks and raw food snacks between the Meals. Ayurvedic dishes prepared with organic foods are vegan, gluten- and sugar-free.

Price including coaching after the retreat, bath-, sauna- and pool towels, bed linen, free wifi and car parking spaces, room service and final cleaning.

Price reduction if the double room is used by two people.

- 150,- EURO

**method of payment**

- . 1. Payment at reservation 50%.
- . 2. Payment one month before the beginning 50%.

**additional services that can be booked**

- . Extension days with and without additional private treatments can be booked. This can be done either before or after the retreat week. Price per extension day 282,- EURO incl. catering and treatments.
- . high-quality touring or racing bikes, alternatively e-bikes can be reserved on request.
- . Ayurveda and natural cosmetic treatments.
- . Qi Gong + Tai Chi sessions.
- . private yoga sessions
- . Toulouse or Bordeaux airport transfers and reservation of rental vehicles the base price per person includes the following services.

Transfer from Toulouse airport to Chez ZeN by group shuttle for 7 or more people: 50,- EURO per person per trip.

Therefore, the total costs for the round trip transfer 100,- EURO per person.

- . exclusive one-hour healing massage.



**important notes**

All people are warmly welcome to participate in our retreats and guests of the CHEZ ZEN. Parents are also welcome to take part with their children. A babysitter service is also possible.

In the following cases, requirements must be coordinated with the retreat management no later than 14 days before the start of the retreat and, if necessary, redesigned individually:

- . for competitive and professional sports
- . for food intolerances and very pronounced allergic reactions
- . in the event of any profound uncertainties
- . in the case of relevant disabilities and addictions

**contact address for questions + booking inquiries**

welcome@chezenretreat.com

www.chezenretreat.com



*"Life is not a problem to be solved, it is an experience to be lived." Osho*