



auberge de la source

HÔTEL DE CHARME • RESTAURANT

BODY, SOUL, NATURE

This summer, The Auberge de la Source helps you to find the perfect harmony between body and saoul.

TAILORED TRAINING

- Pilates – 60 minutes
- Yoga – 60 minutes
- Meditation – 45 minutes
- Balance – 60 minutes
- Vocal coaching – 60 minutes
- Cross training – 60 minutes
- Muscle reinforcement – 60 minutes

€95 for one person

€120 for two people

(subject to availability)

INFORMATIONS AND RESERVATIONS

Contact our reception team:

contact@aubergedelasource.fr