



Château de la Messardière
Hôtel & Spa ***** Saint-Tropez
PALACE

Press release
Paris, July 2015

Concentration and vitality at Château de la Messardière

This summer means spirituality at the Château de la Messardière Spa, where you can learn or improve your knowledge of yoga basics through four different experiences. Themes including mind-body unity, concentration, and breathing will be explored through asana sessions.



The four sessions are an opportunity for self-reflection:

- **Thursday 9 July "Breathing and Vitality"**

Breathing can relieve the body of stress and fatigue. It is the space between the body and the mind. Focusing on breathing relieves tension, which in turn revitalises by tapping into energy reserves.

- **Thursday 23 July "Balance and Concentration"**

Balance is the meeting point between two opposites. It exists where movement and stillness meet. Concentration helps with physical balance but comes from the mind. Find balance by freeing yourself from focusing on your thoughts.

- **Thursday 13 August "Flexibility and Illusion"**

We create the limits of our own reality with the way we view things. This also affects the body. It is possible to overcome these mental illusions using different postures and stretches.

- **Thursday 27 August "Acceptance"**

From quality comes confrontation. Yoga offers a solution to the conflict between the body and the mind through unity. To overcome suffering and impatience is to free oneself from conflicting conditions.

Price: €40 per session or €120 for all four sessions

Château de la Messardière is perched on the hilltop like a jewel at the heart of the Saint-Tropez village. Awarded 'palace' status in 2012, this outstanding Saint-Tropez establishment offers a superb welcome in its 57 suites and 60 rooms, each with a terrace or private garden to allow guests to enjoy spectacular views.



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