

WORKOUT SESSIONS AT LA VALLÉE VILLAGE

Repetto
PARIS

YOGA (VINYASA)

Hosted by Alice Derville (trained by Gérard Arnaud – French Yoga Federation) or Hermine Prunier
www.alicedervilleyoga.fr · alice.derville@gmail.com / www.hermineprunier.com · hermineprunier@gmail.com

The practice of yoga aims to create physical and spiritual harmony in the form of reconnecting with our breathing and bodily movements. The essence of yoga is not performance but direction. This practice enables everyone to be more in tune with oneself and to meet the challenges of everyday life.



FIT'BALLET

Hosted by Octavie Escure
www.fit-ballet.com
octavie@synopsis-danse.fr

Fit Ballet links fitness and classical dance by offering a practice combining strengthening movements with the graceful gesture of ballet. It is a unique method of exercise with fast-paced cardio and soft movements inspired by ballet. It's a fabulous and fun way to keep fit and loose while working in length gracefully. Calories are burned by strengthening the mind and in turn the physique.

THE FLOOR BARRE

Hosted by Mitcha Mitchiko or Myriam Kamionka
www.acorpsavecsoi.com · keepcalmwithmitcha@gmail.com

The Floor Barre proposes a deep working of the postural muscles, accompanied by stretching and softening of the body. This practice allows you to release your muscular tension and work with the optimum body placement to smooth your posture with grace.

PILATES

Hosted by Séverine Instagram: [@jesuisunecoach](https://www.instagram.com/jesuisunecoach)

Pilates aims to develop the body in a harmonious way, rectify poor posture, restore physical vitality and stimulate the mind. The exercises consist of adopting different postures, which in turn solicit all the muscles of the body, in an established order. The emphasis is on the core area of the body to make the abdominals work.

SMART BODIES

Hosted by Elodie Augier & Julie Magneville
www.smart-bodies.com · contact.smartbodies@gmail.com

Smart Bodies was created by Elodie Augier and Julie Magneville – two choreographers, dancers, teachers and coaches renowned in various countries for their unique expertise. Combining a whole field of bodily practices (yoga, Pilates, and classical and modern dance), the approach of Smart Bodies directs perception towards the body – felt, lived from within and fully animated.

STRETCHING POSTURAL®

Hosted by Isabelle Renouf
www.isamstretching.com · isam.postural@gmail.com

Trained in classical dance, Isabelle Renouf turned to the study of form, and discovered Stretching Postural® during her training as a sports educator.

Stretching Postural®, intended primarily for the recovery of high-level athletes, is now available for all with the aim of strengthening the deep muscles of the back by the action of self-stretching and specific breathing, and to establish a harmonious body and spirit. Relaxation and well-being are the immediate benefits of the first session.

