



TROPICAL

St BARTH



Magnum Yoga

PARIS

*Yoga Retreat*

NOVEMBER 2022



# MAGNUM YOGA

*Your inner peace & Outer happiness*

We believe happiness is a holistic experience made to last  
We take you there

*"The real voyage of discovery consists not in seeking new landscapes but in having new eyes"*  
*- Marcel Proust*

Magnum Yoga Retreat takes to the most beautiful and exclusive places  
around the world to :

Meet our community of like minded soulful people who care about each  
other

Our community becomes yours

Indulge you with local gastronomy, oenology delights and share with you its  
secrets

"Food is symbolic of love when words are inadequate"

Take care of your body and mind through yoga practices fitting your natural  
balance - Meditation, Pranayama, Ashtanga, Vinyasa, Yin, Crystal Bowl...

Dance, sing, laugh out loud, go on long walks, spend endless happy evenings...  
surrounded by the beauty of nature, people and magnums of Champagne  
Don't forget your favorite outfits!

You Disconnect from the Superficial to Reconnect with the Essential



Magnum Yoga  
PARIS





Magnum Yoga  
PARIS

*Your retreat, Our Promise*

*We nurture your nature*

Your body finds its natural harmony through a selection of personalized physical activities : different types of yoga, Meditation, Pranayama, Hiking...

*We indulge your senses*

The passion for exclusive food and wine our Chefs incarnate leaves you with a long-lasting taste of gratitude for nature and all it has to offer

*We satisfy your pioneer instinct*

Trips to hidden island's gems (Colombier beach, natural pools...), soulful music and activities in a mind-blowing mix of natural scenery and harmonious architecture

*We have fun with our exclusive community*

Endless summer dinners surrounded by the beauty of people and landscape, laugh until crying while you sing out loud your favorite song... and just make friends and memories that will last

MAGNUM yoga experience is a formula of happiness you take  
with you

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A careful community

A balance between physical activity and French Caribbean  
hedonism

A mind blowing landscape and community you will all your inner  
happy place you can always come back to



A woman in a red two-piece outfit is reaching up to touch the fronds of a palm tree on a tropical beach. The background shows a sandy beach, turquoise ocean, and distant hills under a blue sky with light clouds.

## UNSPOILED NATURE & SPONTANEOUS HARMONY

*St Barth*

Everyone is unique and so is one's formula of happiness

Either your idyllic place is on a hamac facing the Caribbean ocean or cutting through jungle vegetation to find the rarest bird on the island or sipping a glass of vintage Champagne surrounded by luxurious nature... Saint Barth has everything needed to please you.

Made naturally exclusive by the surrounding sea, far from the noisy crowds of Saint Tropez seaside and impregnated with the slow lifestyle of its secular residents, Saint Barth is the wonderland for the purest luxury.

You will see it in a way you never experienced before.

We will find your formula of permanent happiness.

*St Barth*



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*Magnum Yoga team,  
empowered women dedicated to your wellbeing*



“I am always full of energy and love challenging myself to get better everyday at everything I do.

Nevertheless, finding the balance needed to experience a feeling of deep satisfaction from this great life has been a long time challenge.

The answer I found is Yoga.

Yoga gives you the inner power and the healthy body you need to choose what is good for you on a daily basis.

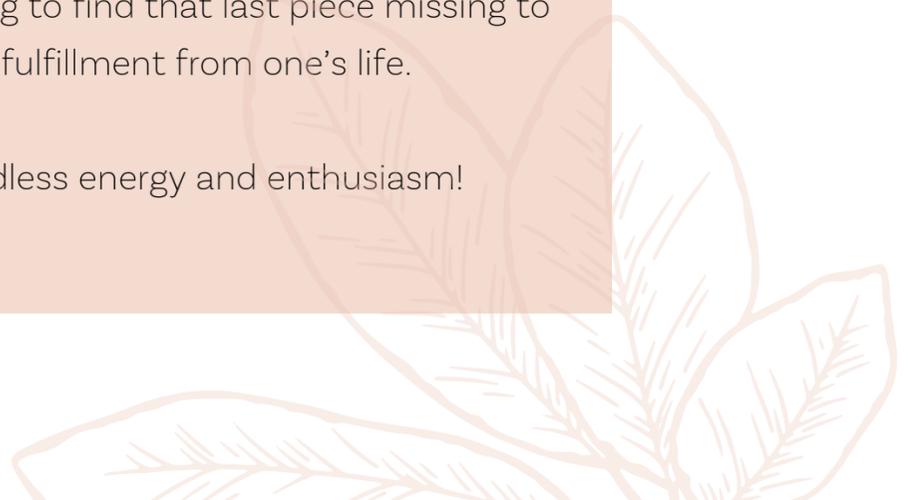
I would like to help my community find their own.”

After completing studies in international business & languages at la Sorbonne and a short modeling career in Paris, Nadiya moved to Switzerland where she fell in love with the Swiss Art of living and discovered Yoga.

Feeling the urge to discover yoga further, Nadiya moved to India and graduated from Abhijna School in Ashtanga and Vinyasa.

Since, she is a regular group teacher in Paris and has given thousands of private classes to clients looking to find that last piece missing to experience the feeling of fulfillment from one's life.

Nadiya has a contagious endless energy and enthusiasm!





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“ From the infinite peace of Sakhalin island, an isolated Russian Island in the north of Japan where I was born, I was thrown into the turmoil of an International modeling career.

Never ending shootings, diners and hedonistic life... and everybody expects from you to keep happy and beautiful everyday!

The most common answer in this configuration is “fake it until you make it”... but, actually, you don't make it if you don't have the required inner power and outer confidence.

Discovering Yoga was a game changer for me and I know my community will feel the same”

Olga started practicing gymnastics at the age of 4 and was a ballet dancer in Russia until joining Elite model agency in 2002.

She came across Yoga during a trip in Japan at the age of 16 and never stopped since.

Olga teaches yoga in her Parisian studio. More than just yoga sessions, she uses her experience in the demanding fashion world to help their clients from the same industry to find their inner balance.

Her skills as a yoga teacher and passion for healthy way of life, beauty products and nature give her a clear vision of what the combination of healthy, beautiful and fun looks like.



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St BARTH

*The soul of the French Riviera,  
the essence of the Caribbean*

An intimate address, the Tropical Hôtel, St. Barth has a welcoming feel with its 24 rooms and suites spread over two levels between the ground and first floors; some offering an idyllic view of the turquoise Caribbean Sea, while others benefit from direct contact with the tropical vegetation outside.

The rooms and suites are adjoined by private terraces that allow guests to bask in the tropical sunshine or cool off in the fresh sea breeze. At any time of the day, guests can unwind and enjoy a quiet meal.



TALIKA  
PARIS

*Talika, our exclusive partner*

TALIKA is about seeking freedom, happiness and beauty.

Our products are little stepping stones on a journey  
to liberate the beauty potential within all of us.

We believe love is generous and nature is abundant.

Talika's purpose is to share the beauty secrets that  
nature has given us.

Our creative process is based on keeping our eyes wide  
open, both to the past and future. We find inspiration  
in all of the world's great wisdom traditions, as well as  
cutting edge technology.

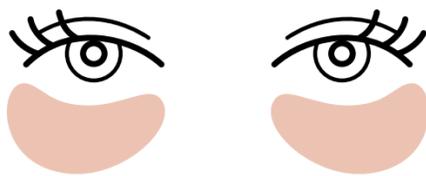
This is not a new concept for us; it's part of our heritage.

To this day, we prefer finders who find rather than  
searchers who search. We identify what's worthy, and  
translate these inventions into cosmetic products to  
create real innovation, in order to preserve the light of  
your look, at every stage of your life.

Our goal is to be conscious in all that we do. And to  
reveal nature's hidden secrets, allowing everyone to be  
more of themselves.

This is beauty. This is TALIKA.

- Alexis de Brosses, President & Creator



# Our Retreat Offers

*3 nights - 4 days*

from Saturday, October 29th to  
Tuesday, November 1st

Room - Bed & breakfast

more details below



*4 nights - 5 days*

from Tuesday, November 1st to  
Saturday, November 5th

Room - Bed & breakfast

more details below

*7 nights - 8 days*

from Saturday, October 29th to  
Saturday, November 5th

Room - Bed & breakfast

more details below



# YOGA RETREAT PROGRAM



Saturday, October 29th

- 3pm Check-in
- 4pm Welcome drink
- 5pm Pranayama and Yin Yoga (1h30 min)
- 8pm Welcome Dinner (included)



Sunday, October 30th

- 7:15am Lemon drink
- 7:30am Ashtanga Yoga (1h30 min)
- 9am Breakfast (included)
- 10am Me time (pool, relax, massage upon request)
- 1pm Lunch at Tropical Hotel (included)
- 2:30pm Me time (pool, relax, massage upon request)
- 5pm Pranayama, Yin Yoga, Crystal Ball Meditation (1h30 min)
- 8pm Dinner outside (not included)



Monday, October 31st

- 7:15am Lemon drink
- 7:30am Car pick up to bring guests to Colombier beach
- 7:45am Hiking to Colombier beach
- 8am Morning Yoga at Colombier beach and running and activities in the sea.
- 8:45am Breakfast (included, pick nick)
- 11am Pick up transfer back to the Hotel.
- 1pm Lunch outside (not included)
- 5pm Detox Yoga (1h)
- 8pm Candle Meditation Trataka (30 min)
- 9pm Themed Dinner/ Festive Dinner at the Hotel (Gypsy) included

3 days  
4 days  
7 days



# YOGA RETREAT PROGRAM



*Tuesday, November 1st*

- 7:15 am* Lemon drink
- 7:30 am* Pranayama and Vinyasa Yoga (1h30 min)
- 9 am* Breakfast (included)
- 10 am* Me time (pool, relax, massage upon request)
- 12 am* Check out for the 3-nights group
- 1 pm* Lunch outside (not included)
- 3 pm* Check in for the 4-nights group
- 4 pm* Welcome drink for group that arrived
- 5 pm* Pranayama and Yin Yoga (1h30 min)
- 8 pm* Dinner at the Hotel (included)



*Wednesday, November 2nd*

- 7:15 am* Lemon drink
- 7:30 am* Ashtanga Yoga (1h30 min)
- 9 am* Breakfast (included)
- 10 am* Me time (pool, relax, massage upon request)
- 1 pm* Lunch (included)
- 5 pm* Cooking class
- 8 pm* Dinner outside (not included)



*Thursday, November 3rd*

- 7:15 am* Lemon drink
- 7:30 am* Pranayama, Detox Yoga (1h30)
- 9 am* Breakfast (included)
- 10 am* Me time (pool, relax, massage upon request)
- 1 pm* Lunch outside (not included)
- 5:30 pm* Yin Yoga and Meditation with Crystal Ball (1h)
- 6:30 pm* Candle Meditation Trataka (30 min)
- 8 pm* Dinner at the Hotel (included)

# YOGA RETREAT PROGRAM



*Friday, November 4th*

- 7:30 am* Breakfast (included)
- 8 am* Walk to the Natural Pool
- 10 am* Back to the Hotel
- 1 pm* Lunch outside (not included)
- 5 pm* Vinyasa and Yin Yoga (1h30)
- 8 pm* Good Bye/Themed Dinner Salsa



*Saturday, November 5th*

- 7:15 am* Lemon drink
- 7:30 am* Vinyasa Yoga and Meditation (1h30)
- 9 am* Breakfast (included)
- 10 am* Me time (pool, relax, massage upon request)
- 12 am* Check-out

*\*Kindly note that the program may change due to the weather conditions*



# VEGETAL ROOM

## Prices per Package



OFFER

FOR 1 PERSON

*\*an accompanying non yoga  
retreater for free*

**3 NIGHTS**

2 910 €

**4 NIGHTS**

3 720 €

**7 NIGHTS**

6 055 €



OFFER

FOR 2 PEOPLE

*price for the stay*

**3 NIGHTS**

3 540 €

**4 NIGHTS**

4 560 €

**7 NIGHTS**

7 490 €

# POOL SUITE

## Prices per Package



OFFER

FOR 1 PERSON

*\*an accompanying non yoga  
retreater for free*

**3 NIGHTS**

3 735 €

**4 NIGHTS**

4 600 €

**7 NIGHTS**

7 595 €



OFFER

FOR 2 PEOPLE

price for the stay

**3 NIGHTS**

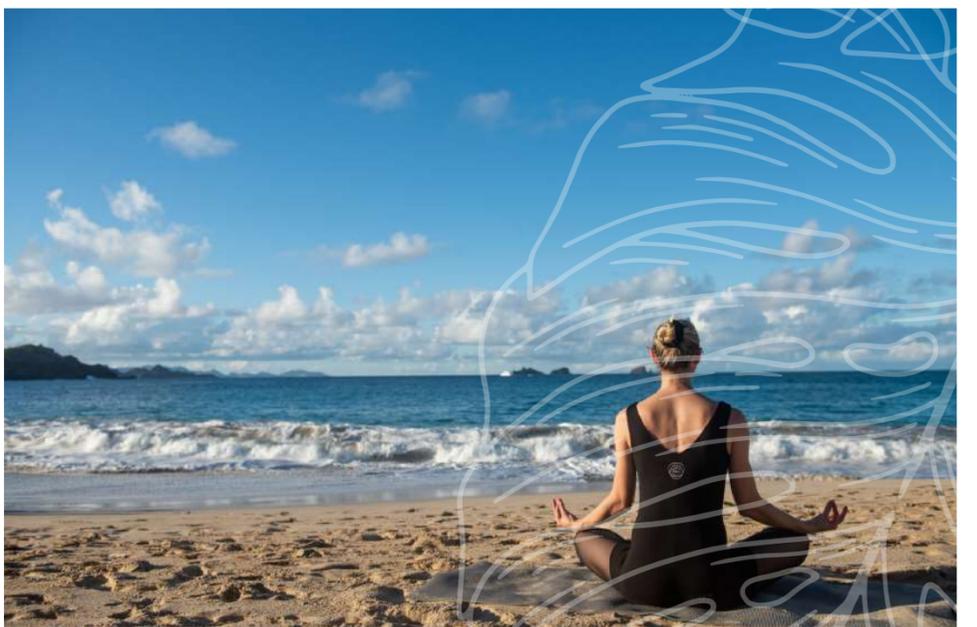
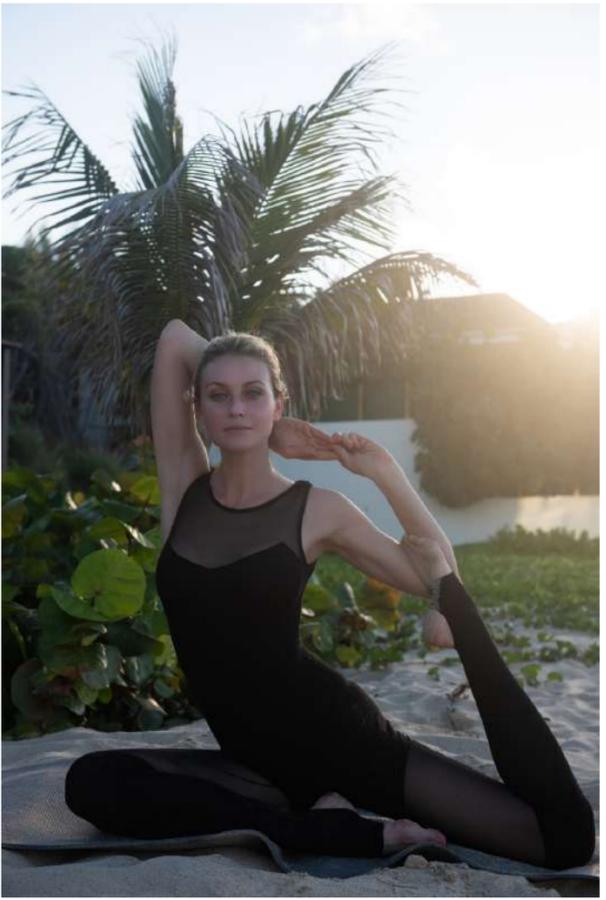
4 320 €

**4 NIGHTS**

5 440 €

**7 NIGHTS**

9 030 €





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PARIS

For booking or any questions, please contact us :

**+590 590 27 55 67**

**[www.tropical-sbh.com](http://www.tropical-sbh.com)**



[tropicalhotelstbarth](https://www.instagram.com/tropicalhotelstbarth)



[magnum\\_yoga\\_retreat](https://www.instagram.com/magnum_yoga_retreat)

# Terms and Conditions Magnum Yoga Retreat

## Booking

Your booking is not considered definite and no contract will exist between you and it's in you until we receive full payment from you. We do not store credit card details nor do we share customer details with any 3rd parties.

## Payment

The deposit is 50% of the total amount including tax, to be paid on booking. The balance of 50% must

be paid within 20 days before the date of the service. When the contract is signed 30 days or less from

the start of the event, the two down payments are replaced by a single payment of 100% of the total amount.

For any possible extras during the stay which will be paid by the customer, the total amount must be paid immediately upon presentation of invoices.

In the event of failure to pay the first deposit and the balance, the service provider reserves the right to cancel the reservation.

The price is the exact amount to be received by us in euros irrespective of fluctuations in currency and

irrespective of any third party transfer charges. If you choose to pay by electronic transfer, please instruct your bank to charge all costs to you in order to avoid a shortfall in the amount that we receive.

## Your Travel Arrangements

We are not responsible for your travel arrangements.

## Travel Insurance

We require that your travel insurance covers the activity of your retreat with us as well as unexpected cancellation, sickness, losses and all the usual risks. You should bring the policy with you in case of an emergency.

## Your Health

It is your responsibility to let our teachers know if you have any injuries and to be mindful at all times of your own body's capability during our retreats. If you experience any injury or discomfort during any activity during the retreat, then please stop participating immediately.

It is also your responsibility to consult a doctor with an understanding of yoga and fitness to check that you are sufficiently fit and healthy to undertake yoga classes and other physical activities that you

may chose to do whilst on the retreat.

Please advise us of any mental or physical health conditions and dietary requirements before you book. If you have health conditions and dietary requirements that may be affected by the activities offered on our retreats we reserve the right, for your own wellbeing, to advise you to stop participating.

Whilst all measures are taken to ensure a high standard of health and safety, our retreats do take place

in the countryside where the land is uneven and we shall not be responsible for any injuries caused by uneven terrain.

We ask that women who are 12 to 28 weeks pregnant provide a letter from their health practitioner specifying that they are fit to travel and able to engage in the activities that we provide.

#### Cancellation by you

You (or any member of your party) may cancel your booking at any time, but please note that all deposits are non-refundable. If such cancellation is made within one month of the start of the retreat,

we will retain 100% of the cost of the retreat. However, if another person can be found to take your place, then we may offer you a partial or full refund at our discretion.

Refunds and returned payments are normally settled within 10 working days of the date of cancellation. Otherwise, once a booking has been accepted no payment is refundable unless the course

is cancelled. Once the retreat has begun, no refund or part refund or unused portion of the retreat will

be repaid in the event of cancellation by you.

Bookings are for the stated period of the retreat. There are no refunds for an unused portion of the retreat. If the reason for cancellation is covered under the terms of your Insurance Policy, you may be

able to make a claim on your insurance.

#### Amendments by us

Occasionally, changes may have to be made (e.g., teacher, itinerary or other arrangements), which we

reserve the right to do at any time. If your accommodation has to be changed, we will do our utmost

to provide accommodation of a similar excellent rating. If a significant change becomes necessary, we

will inform you as soon as reasonably possible if there is time before your departure.

#### Cancellation by us

We reserve the right in any circumstances to cancel a retreat, in which case we will offer a full refund

of all monies paid within 10 working days.

#### Our liability to you

We accept responsibility for ensuring that the retreats are supplied as described and that the services

we are contractually obliged to provide are to a reasonable standard.

We do not accept any liability for cancellations, delays or changes caused by war, threat of war, terrorist actions or threats, closure of airports, civil strife, industrial action, natural disaster, technical

problems to transport, staff cancellations, unforeseen changes in your personal circumstances or other events beyond our control.

We are not liable for any injuries you may incur. Yoga and fitness classes are undertaken at your own

risk. We are not liable for any medical or psychiatric conditions, which may develop during or subsequent to the retreat. We are not liable for loss of, or damage to, your personal property.

#### Group Bookings

Where a booking is made on behalf of several individuals the booking is conditional on the person(s)

paying having authorisation from all the individuals named on the booking form to enter into this contract. The terms of this contract will apply to each member of the group as though they had paid

for their own retreat individually and directly to us.

#### No Liability for possessions

It is your responsibility to ensure that your possessions are kept safe at all times. This includes hire cars or other hired equipment.

#### Complaints

If you have a problem during your retreat, please inform the our Director immediately and she will do

her utmost to put things right.

#### Legal Disclaimer

The information contained in this Site is for general guidance on matters of interest only. Given the

changing nature of laws, rules and regulations, and the inherent hazards of electronic communication,

there may be delays, omissions or inaccuracies in information contained in this Site. Accordingly, the

information on this Site is provided with the understanding that the authors and publishers are not

herein engaged in rendering professional advice and services. As such, it should not be used as a substitute for consultation with professionals or other competent advisers. Before making any decision or taking any action, you should consult someone at It's in you.

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particular purpose.

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Certain links in this Site connect to other Web Sites maintained by third parties over whom we have

no control. We make no representations as to the accuracy or any other aspect of information contained in other Web Sites.

#### Privacy Policy

We do not store credit card details nor do we share customer details with any 3rd parties. Any personal information that you provide to us will be used only for the service you requested. We do

#### COVID-19 Policy

In a world where everything is constantly changing, we understand you may be cautious when looking to book a trip away with us - so we have put together the most frequently asked questions regarding booking and cancellations due to COVID-19 restrictions to reassure you in these unprecedented times.

We only ask for 30% deposit to secure your booking and we have extended your final balance payment to 5 weeks before you travel. This way we can review what is happening travel wise in the current climate. If a retreat gets cancelled due to COVID-19 restrictions all deposits will be transferable to any other retreat, in any country in the future (up to 2 years) We will do our utmost to accommodate you on a suitable alternative date.

#### Publication release

Representatives of the Magnum Yoga Retreat may be photographing, audio-recording and/or videorecording the Retreat. The Magnum Yoga Retreat reserve the right to publish any such photographs, audio recordings, and video recordings without obtaining further consent from any Retreat participant. Each Retreat participant releases The Magnum Yoga Retreat and its representatives from any liability in connection with any such use of such photographs, audio recordings, and video recordings.

#### Inherently dangerous activities

Retreat Participant acknowledges that he/she is wilfully and with full knowledge participating in certain activities, including but not limited to a program of fitness and physical exercise, that is inherently dangerous. The Retreat Participant agrees to consent to this Informed Consent/Health & Safety Waiver, which is detailed below and incorporated herein by this reference, as a condition for participation in the Retreat.

#### Waivers

General Waiver. The Retreat Participant shall indemnify and hold Magnum Yoga Retreat Organisers free and harmless from any and all claims, losses, damages, injuries, and liabilities arising from or on account of the Retreat Organisers' activities or omissions in connection with this Agreement, as well as the costs, including attorneys' fees, of defending against them. By paying the Non-refundable deposit and agreeing to the Retreat Participant Agreement, the participant releases the Retreat Organisers and its representatives from all responsibility and liability.

Waiver from Liability for Retreat Participant's Travel and Condition. The Magnum Yoga Retreat Organisers take no responsibility or liability for, and the Retreat Participant expressly waives any right to hold Retreat Organisers liable for:

- 1) Any changes or delays in air schedules, missed airline or other carrier connections, or other services.
- 2) Injury, loss, or damage to persons or property, including luggage.
- 3) Additional expenses resulting from changes in exchange rates, tariffs, or schedule.
- 4) Defect in any vehicle or the act or default of any company or person engaged in conveying the Retreat Participants, or in carrying out the arrangements of the Retreat, or otherwise.
- 5) Additional expenses incurred or due to sudden sickness, weather conditions, strikes, or other causes or acts of God.
- 6) Losses due to cancellations.

Waiver of Liability for Retreat. Magnum Yoga Retreat Organisers are making all arrangements pertaining to the Retreat, including accommodation and meals in order to provide the workshops, classes, meals and seminars described in the Schedule of Events. The Retreat Organisers take no responsibility or liability for, and the Retreat Participant expressly waives any right to hold Magnum Yoga Retreat Organisers liable for injury, death, delay, theft, damage, or irregularities, however caused.

Waiver of liability for Full Retreat Accommodation. Retreat Participant acknowledges that Retreat Organisers are making certain arrangements pertaining to the Retreat, including accommodation, meals and day-to-day operation of the Retreat. As a condition for the provision of these services, Retreat Participant expressly waives any right (whether in contract, tort, or both), to hold Retreat Organisers liable for delay, theft, damage, injury, terrorism, or irregularities, however caused. The Magnum Yoga Retreat Organisers take no responsibility or liability for, and the Retreat Participant expressly waives any right to hold Magnum Yoga Retreat Organisers liable for:

- 1) Any changes or delays in air schedules, missed airline or other carrier connections, or other services.
- 2) Injury, loss, or damage to persons or property, including luggage.
- 3) Additional expenses resulting from changes in exchange rates, tariffs, or itinerary.
- 4) Defect in any vehicle or the act or default of any company or person engaged in conveying the Retreat Participants, or in carrying out the arrangements of the Retreat, or otherwise.
- 5) Additional expenses incurred or due to sudden sickness, weather conditions, strikes, war, terrorism, quarantine or other causes or acts of God.
- 6) Losses due to cancellation.
- 7) Changes in the Retreat itinerary.
- 8) Physical, mental, emotional, or spiritual injury as the result of participating in the Retreat.
- 9) Disappointment or dissatisfaction about the Retreat.

By agreeing to these terms & conditions, the Retreat Participant agrees as follows:

"I am entirely responsible for my own personal safety, health, and mental, physical, emotional, and general well-being during and after the Retreat. I release the Magnum Yoga Retreat Organisers and their representatives, and any of their employees, assistants, and affiliates, of any liability for any injuries or damages mentally or physically I might incur during or after the Retreat. I understand that the Retreat is in no way psychotherapeutic or medical in nature. The Retreat is not involved with the treatment of disease of any kind and does in no way substitute for medical diagnosis or treatment. Retreat organisers and other Retreat leaders and teachers do not treat, prescribe, or diagnose any illness, disease, or any other physical or mental disorder. Any personal advice or answers to my questions that are given to me on this Retreat are for entertainment purposes only. I release Retreat Organisers and their representatives and any of their employees, assistants, and affiliates from any injuries or damages mentally or physically that I might incur during or after this Retreat as a result of following any advice given to me on this Retreat. I am entirely responsible for my personal safety, health, and well being during the Retreat. I hold the Retreat Organisers harmless for anything that might happen to me or to my possessions on this Retreat. I understand that no health insurance or travel insurance is provided by the Retreat organisers, and, if I wish to be insured, I have to do this myself. I have read and understand the foregoing Retreat Participant Agreement."

By agreeing to this Retreat Participant Agreement, the participant releases the Magnum Yoga Retreat Organisers and its representatives from all responsibility and liability.