



WELLNESS LUXURY HOTEL

MASTERCLASS ANIMO X LILY OF THE VALLEY

«MOVE & RESTORE: A PILATES ESCAPE WITH ANIMO»

FROM 23RD TO 26TH MARCH 2026





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Following the success of its first edition, Brussels' most exclusive fitness brand, ANIMO, returns to Lily of the Valley for a second, highly anticipated masterclass. With a focus on perseverance and performance, ANIMO stands out for its dynamic classes and inspiring coaches.

This masterclass will be paced by daily workouts, coach-led workshop, and moments of connection - all set in the exceptional setting of Lily of the Valley overlooking the Mediterranean.

AN EXCLUSIVE HAPPY FEW, UNITED BY A SINGULAR ENERGY

You'll share this retreat with a small group of participants, creating space for meaningful moments and genuine connection. Enjoy a high-end hospitality experience with workouts in a beautiful setting, lunches and dinners overlooking the Saint-Tropez peninsula, and free time to unwind and reconnect with yourself.

COACHING SESSIONS & TALK

Centered around Pilates (Mat & Reformer), Melissa and Erika will offer daily classes outside the walls of ANIMO, staying true to their own teaching methods. Reformer coachings will be offered in an intimate format, with only 4 participants per session while the Mat classes may take place in the gardens overlooking the Mediterranean, weather permitting. A talk on breathwork, led by both coaches, will complete your wellness retreat.

SPORT, TREATMENT & GASTRONOMY

Set against the Mediterranean Sea, this masterclass offers the perfect opportunity to take time for yourself. Chef Vincent Maillard will present a refined, seasonal cuisine designed to be shared around a communal table, encouraging conviviality and exchange. One dinner, however, will remain "free," allowing those who wish to enjoy a more intimate moment - alone or with their duo. A body massage will enhance your wellness journey and ensure optimal muscle recovery, while access to the Nordic circuit with its sauna, hammam, and cold plunge will complete this revitalizing experience.

*The rate includes accommodation, full board (excluding alcohol), coaching sessions, a massage, and the talk.
Transportation and transfers to the hotel are not included and will be at your own expense.*

Tél +33 (0)4.22.73.22.00 - reservations@lilyofthevalley.com - lilyofthevalley.com



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DAY 1

Guest arrivals throughout the morning

1 p.m. - Welcome lunch at Vista

2:30 p.m. - Free time

5 p.m. - Mat class

8 p.m. - Dinner at Vista

DAY 2

8 a.m. - Breakfast

9 a.m. - Reformer class

12:30 p.m. - Lunch at Vista

1:30 p.m. - Free time

3 p.m. - Talk

5 p.m. - Mat class

6 p.m. - Body treatment

8 p.m. - Dinner at Vista

DAY 3

8 a.m. - Breakfast

9 a.m. - Sea wading

10 a.m. - Free time

12:30 p.m. - Lunch at la Brigantine

2 p.m. - Free time

5 p.m. - Reformer class

8 p.m. - Dinner at Vista

DAY 4

8 a.m. - Breakfast

9 a.m. - Mat class

12 p.m. - Farewell lunch at Vista

*Please note that a minimum level of reformer experience is required to attend the masterclass.
This provisional schedule will be personalized for each participant.*

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MELISSA MIHALY

Melissa brings creativity, energy, and expertise to her Reformer and Pilates classes. Her sessions combine precise technique, intuitive cueing, and dynamic flow, designed to align, engage, and challenge the body. With a professional background in dance and years of teaching experience, she has expanded her approach through yoga, fitness, and Pilates. Melissa teaches with focus and care, fostering strength, awareness, and confidence while inspiring growth and empowerment in every session.

ERIKA HAHN

Erika brings a deep technical understanding alongside her energy and creativity to her Reformer and Move classes. Drawing from her extensive background in dance, she weaves structure, flow, and body awareness into every session, guiding participants to discover the balance between strength and grace. Erika's mindful approach to movement fosters a supportive, uplifting environment where students feel both challenged and inspired to move with purpose and intention.

TALK

PRECISION IN MOTION : EXPLORING TECHNIQUE THROUGH BREATH AND ALIGNMENT

In this session, Erika and Melissa explore the connection between breath, alignment, and movement as the foundation for balance and control. Through a blend of Pilates and Yoga principles, they guide participants to experience how intentional breathing supports stability, flow, and mindful awareness. Drawing from their shared backgrounds in dance and embodied practice, they offer simple tools to integrate breath as a source of strength, presence, and clarity, both on and off the mat. This session invites participants to refine their technique, move with purpose, and reconnect to the subtle intelligence of the body through every breath and motion.



INFORMATIONS PRATIQUES

CONTACT

lilyofthevalley.com

+33 (0)4.22.73.22.00

reservations@lilyofthevalley.com

ACCÈS

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