LILY OF THE VALLEY

WELLNESS LUXURY HOTEL

MASTERCLASS ANIMO X LILY OF THE VALLEY

MOVE & FLOW RETREAT WITH ANIMO

FROM 22ND TO 25TH MARCH 2027



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Brussels' most high-end fitness studio, ANIMO, returns to Lily of the Valley for the third time for an exclusive masterclass. Redefining fitness through a high-end hospitality experience, ANIMO brings its rhythm-driven classes and inspiring coaches to Lily of the Valley, around two of its signature concepts, Move and Flow. This masterclass will be paced by daily Move and Flow classes, coach-led talks, and moments of connection all set in the exceptional setting of Lily of the Valley overlooking the Mediterranean sea.

ANIMO

Rooted in Brussels, ANIMO's studios offer group classes built around signature training concepts, each led by some of the best coaches in town. With the world's first Social Wellness & Performance Club™, a 4,500 sqm space bringing together training, spa, recovery and community, ANIMO is reinventing what a fitness club can be.

MOVE & FLOW SESSIONS

MOVE starts from a simple idea: the music leads and the body follows. Instead of repeating fixed sets, each class flows without a set order and works the whole body. It blends functional strength, mat Pilates, yoga-inspired flow and dance conditioning on the mat, and the rhythm of the music sets the pace of every movement. The approach comes with MOVE at Lily of the Valley, which slows things down to focus on precision and alignment.

FLOW starts from the idea that slower, mindful work matters as much as intense training. At its heart is a continuous Vinyasa practice where breath links each movement to the next, balancing strength and flexibility. Above all, FLOW listens to the body. Each class adapts to the person's strength, energy and flexibility, and the focus is on what the body can do that day. The practice comes in several formats, from dynamic to deeply restorative. Signature Flow is a music-driven class that builds heat through repetition.

Le tarif comprend l'hébergement, la pension complète (hors boissons alcoolisées), les cours de sport, le soin et les talks. Le transport et le transfert jusqu'à l'hôtel seront à votre charge.

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

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DAY 1

Guest arrivals throughout the morning
1:00 PM - Welcome lunch at Vista restaurant
3:00 PM - Free time
5:00 PM - MOVE
6:00 PM - Chill
8:00 PM - Dinner at Vista restaurant

DAY 2

7:30 AM - Sea-wading
8:30 AM - Breakfast
10:00 AM - MOVE
12:30 PM - Lunch at Vista restaurant
3:00 PM - Body treatment
5:00 PM - FLOW
7:30 PM - Dinner at Vista restaurant

DAY 3

8:00 AM - Breakfast
10:00 AM - MOVE
12:30 PM - Lunch at Brigantine restaurant
3:00 PM - Talk - 90-minute stress relief and recovery
8:00 PM - Dinner at Vista restaurant

DAY 4

7:30 - Coastal water walking
8:30 AM - Breakfast
10:00 AM - MOVE
12:00 PM: Farewell lunch at Vista restaurant

This provisional program will be tailored to each participant.

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COACH SIMONE

MOVE

Originally from Cape Town, where she trained and began teaching, Simone went on to teach in Hong Kong before making Brussels her home six years ago. A yoga teacher and movement facilitator with over ten years of experience, she is the creator of Yoga Burn, a dynamic concept combining yoga, strenght and aerobics-inspired rthytm.
Passionate, playful and powerful, she builds her classes around music, creating a welcoming environment where everyone can progress at their own pace.

COACH LÉA

FLOW

Originally from France, Léa lived in Japan and Dubai during her studies before settling in Brussels, where she has been teaching yoga for the past five years. Passionate about movement, she discovered yoga in 2015, after years of athletics and several injuries. Trained for Awakening Yoga, she teaches Vinyasa and Yin, with a thoughtful approach to sequencing and mobility, helping everyone progress at their own pace.

INFOS

CONTACT

lilyofthevalley.com

+33 (0)4.22.73.22.00

reservations@lilyofthevalley.com

ACCESS

Hôtel Lily of the Valley

Presqu'Île de Saint-Tropez

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