



WELLNESS LUXURY HOTEL

# MASTERCLASS ANIMO X LILY OF THE VALLEY

«MOVE, RESTORE & GLOW: A PILATES ESCAPE WITH ANIMO»

FROM 13<sup>TH</sup> TO 16<sup>TH</sup> OCTOBER 2025





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Brussels' most high-end fitness studio, ANIMO, is coming to Lily of the Valley for an exclusive masterclass. With a focus on perseverance and performance, ANIMO stands out for its dynamic classes and inspiring coaches. For the very first time, ANIMO is hosting a retreat on the French Riviera, centered around Pilates, with its co-founder Alexandre de Vaucleroy and two of its top coaches, Oriane and Sarah.

This masterclass will be paced by daily workouts, coach-led workshops, 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 Gulf of Saint-Tropez, and free time to unwind and reconnect with yourself.

### COACHING SESSIONS & TALKS

Centered around Pilates (Mat & Reformer), Oriane and Sarah 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. Each coach will also lead a dedicated workshop aligned with her specific training, for four days focused entirely on wellness.

### SPORT, TREATMENT & GASTRONOMY

Set against the Mediterranean Sea, this masterclass offers the perfect opportunity to take time for yourself. Beyond the workouts, inspiring talks, and meaningful connections, the retreat delivers a wellness experience. Chef Vincent Maillard will present refined, seasonal cuisine, while a body massage will enhance your wellness journey and ensure optimal muscle recovery. You'll have access to the Nordic circuit with its sauna, hammam and cold plunge.

*The rate includes accommodation, full board, coaching sessions, a massage, and the talks.  
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](mailto:reservations@lilyofthevalley.com) - [lilyofthevalley.com](https://lilyofthevalley.com)



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### DAY 1

Guest arrivals throughout the morning

1 p.m. - Welcome lunch at Vista

5 p.m. - Reformer class with Oriane

8 p.m. - Dinner at Vista

### DAY 2

8 a.m. - Breakfast

9 a.m. - Reformer class with Sarah

12:30 p.m. - Lunch at Vista

3 p.m. - Talk 1 : Intuitive movement – Listening to the body beyond technique

4 p.m. - Free time

5 p.m. - Mat Class with Sarah & Oriane

8 p.m. - Dinner at Vista

### DAY 3

9 a.m. - Breakfast

10 a.m. - Reformer class with Oriane

1 p.m. - Lunch at la Brigantine

3 p.m. - Talk 2 : Nervous system and its powerful role in movement

5 p.m. - Mat Class with Sarah

6 p.m. - Body treatment at the Shape Club

8 p.m. - Dinner at Vista

### DAY 4

8 a.m. - Breakfast

9 a.m. - Sea-wading in the Mediterranean sea

12 p.m. - Farewell lunch at Vista

*\*This provisional schedule will be personalized for each participant.*

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### ORIANE GIDRON

Oriane brings a multidisciplinary background in dance, gymnastics, and movement to her Pilates and Reformer teaching. Her classes blend classical technique with dynamic sequencing that enhances alignment and core control. Since 2023, she teaches exclusively at ANIMO Brussels, where her high standards and technical rigor meet a welcoming, performance-focused approach.

### SARAH TEERLINCK

Sarah brings vibrant energy, creativity, and a strong movement background to her Reformer and Move classes. With roots in dance, tennis, and nearly ten years of hip-hop teaching, she blends structure and self-expression for dynamic, engaging sessions. Her intuitive cueing and rhythmic playlists foster body awareness and personal confidence. evolving, Sarah is a passionate coach who inspires joy and progress in every session.

### TALK 1 INTUITIVE MOVEMENT – LISTENING TO THE BODY BEYOND TECHNIQUE *WITH ORIANE*

This immersive masterclass invites participants to explore dance improvisation as a way to move beyond technique into a more personal, sensory experience. Drawing from her background as a professional dancer and movement coach, Oriane guides a safe and progressive journey through music, guided prompts, and free expression. The session ends with a sharing circle to help integrate the experience and foster a deeper group connection.

### TALK 2 NERVOUS SYSTEM AND ITS POWERFUL ROLE IN MOVEMENT *WITH SARAH*

In this session, Sarah explores the often-overlooked role of the nervous system in movement, recovery, and stress release. She'll share practical tools and breathwork techniques to integrate this awareness into Pilates and other practices. Drawing from her own research and teaching, Sarah invites participants to deepen their understanding of how the body truly moves—from the inside out.

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## INFORMATIONS PRATIQUES

### CONTACT

[lilyofthevalley.com](https://lilyofthevalley.com)

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[reservations@lilyofthevalley.com](mailto:reservations@lilyofthevalley.com)

### ACCÈS

Hôtel Lily of the Valley

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