



The Star Burst Chateau is nestled in the region of Sainte-Foy-la-Grande 90 km east of Bordeaux. The Chateau is newly renovated and has been part of the Charlot family estate since the 17th century. We invite you to join us to experience the beauty of this breath taking land.

Our BWellness retreats are designed with the intention to support you to un-wind, de-stress and replenish. Leisurely walks early morning in the vines and neighboring countryside is a tonic to the mind that you will defiantly want to drink daily.

Les Chapelains Winery is next door and although it is no longer owned by the Charlot family, it is still today producing awarding winning Red, White and Rosé wines.

September 13th - 20th

A Week of Transformation with Tia Crystal and Ben Winkler.

"Lumière du Papillon" (The Light of the Butterfly)

Tia Crystal and Ben Winkler, two world renowned artist/humanitarians will teach you how to see through your own eyes the beauty of your magnificent self. You will learn to honor your inner Goddess, her wisdom and her gifts, see through a different lens and witness for yourself the grace that this brings into your life.

Each day you will awaken to the breath of life and the glorious rising of the sun with Kahrisa and morning yoga, setting an Intention to see a part of yourself that has been hidden.

YOU WILL LEARN LIFE CHANGING SKILLS:

AWARENESS - TO RELEASE - TO REBIRTH

It is time to claim every part of your empowered self and live beyond your old patterns and beliefs. As conscious teachers Tia and Ben will teach you from the aspect of Yin/Yang how this plays an important role in all of life's relationships. You will learn how self-love and self-worth is truly the key to success. By owning this you get to experience for yourself the perfect balance/ relationship of your own inner feminine/ masculine self.

Mastery of a loving relationship begins firstly with yourself.



# TIA CRYSTAL

## ENERGY HEALER TEACHER



Tia Crystal is a woman on an ever-lasting mission. As a world renowned artist, designer, and humanitarian, she has spent the last 30 years studying different varieties of cultural philosophies, religions, and healing modalities which she is more than ever dedicated to sharing with the world. In 2004 while living in London a vision came to her in a dream guiding her to Italy. In response, and with complete trust, she left to embark on a journey that would have a profound life changing impact on her and, "An Artist was Awakened."

While walking in the countryside of Italy, Tia found an old paintbrush lying under a bush, next to it was a lid from a bottle with a T on it. Everything within her told her to pay attention to the message within this brush and lid.. AND SHE DID...

Obeying the messenger that day, set her on the path to channeling Art that leaves one not only mesmerized but intoxicated with inner and outer peace. Today her work hangs in many public and private places around the world. In 2012 Tia was voted top ten artist after exhibiting in one of New York's most prestigious art shows. She has been featured on numerous magazine covers, as well as being featured in National Geographic Magazine.

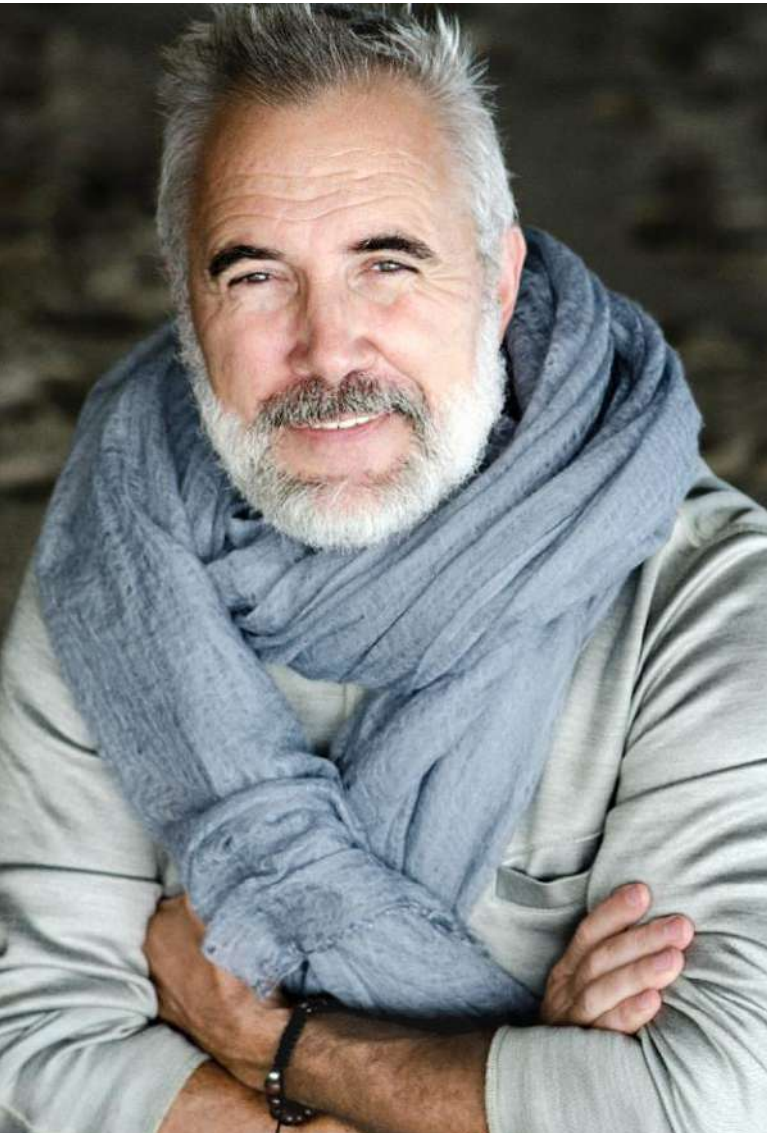
Today Tia spends part of her time traveling and teaching a deeper meaning to life, and the rest of the time with the loves of her life...

her three children who are partners in her jewelry companies.

[www.tiacrystal.com](http://www.tiacrystal.com) | [www.luvtia.com](http://www.luvtia.com)

# BEN WINKLER

## BEAUTY PHOTOGRAPHER



Ben is following his purpose questioning the directions we take in life and the ensuing attitudes involved. His favorite topic are masculine-feminine dynamics and the dance we choose in relationship. Relationships with self, family, peers and romantic endeavors.

As a relationship coaching practice for many years today Ben is a world renowned published & exhibited photographer with his main demographic women midlife & up. His global projects tackle women's invisibility & self confidence after a certain age and society's attitudes. His latest book is called 'Faces of Silver'...evolved women turning on their silver lining featured on NBC! His work has been featured in magazines, on TV and radio across the world from Sydney to New York to LA and back.

He photographs on commission, working with agencies from London fashion week to L.A and Australia. His two current projects are 'UNDERCOVER - What lies beneath', and SCARS, with women midlife & up. Ben says its time to make peace first and foremost with ourselves!

Society's ideals of what we should be, feel, or look like robs us of our true self, of our identity and more importantly what true beauty really looks like. I SAY! Time to claim it back

[www.benwinkler.com](http://www.benwinkler.com) [www.FacesofSilver.com](http://www.FacesofSilver.com)



# B WELLNESS TRAVEL

Finding yourself is a wonderful love story. Chapter by chapter we invite you to unleash the sheer magical power of the unstoppable WOMEN. She is calling to you! If this resonates with you, then you are ready.

Join us in celebrating you, and the journey it took to get you here.  
NOW IS YOUR TIME.



**B** WELLNESS

TRAVEL

## Why Come To Our B Wellness Retreats?

All of retreats are designed to enhance your well being. Through group discussions, eating organic freshness and living for a week in the country side are aim is to help you de-stress and de-compress.

Our goal is to support you in allowing your body and mind to recharge, rest and unwind. Arrive as a stranger and leave as family.



Daily fresh organic  
celery juice.

Recommended as part of  
a healing practice by  
#1 NY times best-selling  
author Anthony William  
"The Medical Medium."



Picked fresh from  
the Chateau  
garden.

B WELLNESS

TRAVEL



B WELLNESS

TRAVEL

PARTIAL JUICING DETOX  
Is available for breakfast  
and lunch.

Juicing daily freshly picked  
organic vegetables from the  
Chateau garden.  
Celery, Beets, Kale, Chard,  
Carrots, Cherries ,  
Apples, Cilantro, Herbs, and  
more.





# B WELLNESS TRAVEL



French style  
vegetarian and  
vegan cuisine.

# KAHRISA YOGA TEACHER



Karisha, who lived and was trained as a yogi in India, will gently guide us through postures to open and expand the energy centers in our body as we begin our day. She will help us release the stress of the everyday lives we left behind and embrace the experience of being in this magical place together.

You don't have to be into yoga to enjoy the expansiveness of the experience. Everyone at any level - even if this is your first time - is welcome. She is the Founder of Gaia Tree Yoga.



QUITE REFLECTION TIME.

B WELLNESS  
TRAVEL



B WELLNESS  
TRAVEL



"JANET"  
Room  
Sleeps 2 with  
on suite shower room.

A photograph of a bedroom. In the foreground, a bed is covered with a red, white, and black striped duvet. Behind it, another bed is visible with a grey and red duvet. To the left, there is a window with a white frame and a radiator below it. The room has light-colored walls and a patterned rug on the floor.

B WELLNESS

TRAVEL

"SERENITY"  
Room

Sleeps 2 with shared  
shower room.

**B** WELLNESS

**TRAVEL**



"STAR BURST"  
Room  
Sleeps 1 with on suite  
shower room



# B WELLNESS TRAVEL

Dorm-style room.  
Upstairs and downstairs.  
Sleeps 8-9.  
Shared  
Shower room

# Daily Itinerary



7:00 - 8:00 am: Yoga/Meditation

8:30 - 9:30 am: Breakfast in the dinning room or garden

10:00 - 12:30 pm : Self awarness classes daily.

12:30 - 2:00 pm: Lunch in the garden.

2:00 - 3:00 pm :Siesta.

3:00 - 5:30 pm :Afternoon activities.

5:30 - 7:00 pm :FREE TIME.

7:00 pm : Dinner under the stars.

During your stay:

Saturday is market day.

Wednesday will be wine tasting.

The itinerary above will then change to reflect these days.

We will remind you each day of the next day's activities.

We have you all taken care of and ask that you relax and enjoy.



## Included in the LUMIERÉ DU PAPILLON Retreat.

- Transportation to and from the airport.
- (If you are unable to meet at the specific collection time from the airport, a train or private taxi can be arranged at your own expense)
- Breakfast- Lunch -Dinner **JUICING FAST IS AVAILABLE PLEASE REQUEST.**
- Basic Housekeeping every other day
- Yoga daily
- Group Sessions daily
- Meditation
- Art/Heart sessions
- Wifi
- Cooking Vegan demonstration
- Wine tasting event
- A day outing to a medieval town TBD
- Basic Toiletries.

### Not included

- Airfare
- Lunch in town TBD
- All alcohol (except for wine tasting event)
- Massage or Reiki Treatments \$165 per hr
- Private mentoring with Tia \$225 per hr ( Limited to 1 person per day)
- Private mentoring with Ben \$225 per hr ( Limited to 1 person per day)
- Between meal snacks, wine, bottled water
- Some extra events might be arranged these will be optional and are not included TBD.

### THIS IS AN UNPLUG AND UNWINDING RETREAT

We invite you to enjoy an enriched simplified organic week In the heart of the countryside leaving behind the craziness and electronic over load of your normal life.



RETREAT 1 - SEPT 13TH - SEPT 20TH "LUMIERÉ DU PAPION"

EARLY BIRD PRICING PAY IN FULL ON OR BEFORE JULY 10th 2019

(Non refundable)

"Star Burst" Room - double bed, on suite shower room - \$3,175.00 based on single occupancy

"Zen" Room - double bed, shared shower room - \$2,275.00 single occupancy

"Janet" Room - 2 single beds, on suite shower room - \$2,575.00 per person double occupancy

"Serenity " Room - 2 single beds, shared shower room - \$2,275.00 per person double occupancy

"Tranquility" Room - 2 single beds, shared shower room - \$2,275.00 per person double occupancy

Comfy Dorm Room, Downstairs - shared shower room -\$1,555.00 per person

Comfy Dorm Room, Upstairs - shared shower room -\$1,555.00 per person

PRICING AFTER JULY 10th \$1000 DEPOSIT(Non refundable)

WITH BALANCE DUE BY ON OR BEFORE AUGUST 1ST 2019

"Star Burst" Room - double bed, on suite shower room - \$3,575.00 based on single occupancy

"Zen" Room - double bed, shared shower room - \$2,675.00 single occupancy

"Janet" Room - 2 single beds, on suite shower room - \$2,975.00 per person double occupancy

"Serenity " Room - 2 single beds, shared shower room - \$2,675.00 per person double occupancy

"Tranquility" Room - 2 single beds, shared shower room - \$2,675.00 per person double occupancy

Comfy Dorm Room, Downstairs - shared shower room -\$1,955.00 per person

Comfy Dorm Room, Upstairs - shared shower room -\$1,955.00 per person

\*Some double occupancy rooms can be reserved for single occupancy - \$3,375.00 please inquire

