



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 land.

A retreat to help you 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 23rd - 30th

A week of Transformation With Tia Crystal and JoAnna Brandi.

The Art and Science of Happiness.

Tia and JoAnna invite you to join them on a wonderful adventure. 7 days in the heart of France learning both the Art and the Science of Happiness and experiencing the true meaning of being happy from the inside out. They will teach you how to unleash a **JOYFUL APPRECIATION** for life and the understanding of how it reflects into everything that you do. Each day you will awaken to the breath of life and the glorious rising of the sun.

At Sunrise Yoga (optional) with Kahrisa each morning you will set an Intention to allow the gifts of gratitude and awareness to enter into your **HEART**.

Daily inspiring teachings with Tia and JoAnna will show you how create the habits of happiness that will support your desires for sustainable well-being.

"How good can it get"? Join us to find out!

YOU WILL TAKE HOME POWERFUL LIFE CHANGING SKILLS.

It is time to claim back every part of your empowered authentic self and live beyond old patterns and beliefs.

Together Tia and JoAnna will help you awaken to understanding the gift of true authentic happiness. For 7 days you will be cocooned in the presence of peace at the StarBurst Chateau in the wonderful countryside of Sainte-Foy-la-Grande.



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 | www.luvtia.com

JOANNA BRANDI

HAPPINESS COACH



JoAnna Brandi, is the author of the delightful “54 Ways to Stay Positive in a Changing, Challenging and Sometimes Negative World.” She is one of the world’s first Certified Chief Happiness Officers. As a Happiness Coach she has helped companies and individuals create more positive life-affirming cultures. She is an acclaimed speaker and workshop leader.

In her 29 year career in consulting with hundreds of customer focused companies, of all sizes, JoAnna has helped inspire leaders to focus on energizing, elevating and empowering themselves and others. She teaches people to create happiness - not service. JoAnna's mastery, wisdom and sense of humor delights her clients as much as their positive bottom line results.

In the retreat she will guide you through the evidence based Science of Happiness as well as helping you to create a set of Positivity Practices that you can easily incorporate into your daily personal and work life.

She is currently working on her fourth book titled, “How Good Can You Stand It? Practices that Help You Make Happiness a Habit” You can find out more at www.ReturnOnHappiness.com, www.PositivtyPractices.com, and www.PositiveEnergizer.com



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.





BWELLNESS
TRAVEL

French style
vegetarian and
vegan cuisine.

*Dreams are
illustrations...from
the book your soul is
writing about you.*



B WELLNESS TRAVEL

Are you ready to embark on a wondrous journey of self care, self love and self -nourishment.

To meet who you are today, and connect with yourself in a way that you have never experienced before.

Co write a new life story that is waiting to be written...
ITS YOUR TIME.

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 partially visible with a red and black duvet. To the left, a window with a white frame and a decorative metal railing looks out onto green foliage. Below the window is a white radiator. A patterned rug is on the floor. In the background, a dark wood headboard and a bedside table with a lamp are visible.

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 dining room or garden

10:00 - 12:30 pm : Self awareness 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 Art And Science Of Happiness 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 DETOX 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 JoAnna \$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.

BWELLNESS
TRAVEL

RETREAT 2 - SEPT 23RD - SEPT 30TH "THE ART AND SCIENCE OF HAPPINESS"
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 11th \$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

