



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.

October 3rd - 10th

"I AM PEACE"

Tia Crystal, Marisol Charlot & Pierre Charlot

The Art and Soul of Inner Peace.

Tia, Marisol and Pierre have been friends for 25 years. On a deep soul level they invite you to join them for a very special week of deep Inner work. For 7 days you will be cocooned in the heart of their beautiful land. Everyday You will connect with a deeper part of yourself. You will experience the true meaning of living from the inside out. They will teach you how to unleash a clearer mind and a clearer heart.

LIVING IN PEACE IN YOUR MIND.

You will be guided to hear your own inner voice and the true meaning of CLARITY.

It is time to awaken the wisdom within you.

Each day you will awaken to the breath of life and the glorious rising of the sun. Sunrise Yoga with Kahrisa setting an Intention to allow the gift of sheer bliss to enter into your soul. We invite you to connect with a part of yourself that has been calling to you.

REST AND REJUVENATE.

Spend time daily in silent reflection, journaling, drawing, rejuvenating, meditating, becoming more conscious minded. A deep inner journey of self discovery awaits you, as you spend time learning with these masterful inspiring teachers Tia, Marisol and Pierre. It is time to claim every part of your empowered authentic self and live beyond old patterns and beliefs. DE-CLUTTER YOUR MIND TO LIVE FREE IN YOUR HEART.

Together they will help you awaken to understanding the gift of Inner Peace 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

MARISOL & PIERRE CHARLOT

ENLIGHTENED ENERGY HEALERS



Les Chapelains has been part of the Charlot family history since the 17th century. In 2007, Marisol had a vision that the old chateau building would one day be part of an eco-community.

This vision grew in their hearts and minds over the years knowing one day this dream would come true. 2012 was the pivotal moment, Pierre decided to sell the family vineyard, with the focus on building their eco-community. With deep trust and faith they embarked on this transformational journey.

Buying the family house and the adjoining buildings, as well as two hectares of land they rebuilt what you see today as the Star Burst Chateau. A center of love.

For a long time, Pierre and Marisol have had the desire to grow spiritually with the family estate at the heart of it they knew the time had come for them to pass on all that they have learned.

The traditions that are part of their family lineage is felt and seen in the love and care that has gone into the renovation of the old Chateau and the creating of the Star Burst Center.

Pierre's Mother Janet was a well known healer in the village, today her home stands proud and strong again.... This was her wish to live in love, peace and harmony in nature as one . To bring about a community, which would prosper".

Pierre and Marisol are both Reiki Master Healer / Teachers.



B WELLNESS

TRAVEL

I AM PEACE.

We invite you to spend 7 days with us as we inspire you with daily reminders that you have the power to transform your life.

Trust takes courage, faith and a deeper connection to Inner peace. It transforms fear and replaces it with love.

Are you ready to take that leap of faith and live with gusto today?



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 covered with a grey and red duvet. A window with a white frame and a decorative metal railing is on the left, showing green foliage outside. A radiator is positioned below the window. A nightstand with a lamp is visible between the beds. 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 I AM PEACE 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)
- 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 3 - OCT 3RD - OCT 10TH " I AM PEACE "

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 1ST \$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

