LES SOURCES DE CAUDALIE
BORDEAUX

Friday, 19 March

3:30 pm

ARRIVAL & CHECK-IN

Welcome guests, settle in, and explore the estate while enjoying a welcome drink.

5:00pm

SCULPT FLOW

Coco Rainbow's signature method, blending dynamic yoga, Pilates, barre and strength training.

8:00 pm

DINER AT LA TABLE DU LAVOIR

Wholesome and delicious cuisine inspired by fresh, seasonal ingredients.

9:30 pm

RELAXING EVENING

A moment to unwind and connect over a cup of herbal tea.

Saturday, 20 March

07:30 am

BREAKFAST

A gentle start to the day with a warm drink and a light snack.

9:00 am

SCULPT FLOW

10:00 am

OUTDOOR WALK

An escape into nature to discover the region's landscapes.

11:30 am

VISIT TO CHÂTEAU SMITH HAUT LAFITTE

12:30 pm

DÉJEUNER À ROUGE

5:00 pm

SCULPT FLOW

8:00 pm

DINER AT LA TABLE DU LAVOIR

Delicious, balanced, plant-based cuisine.

Sunday, 21st March

09:00 am

FINAL SCULPT FLOW SESSION

10:30 am

PERSONAL TIME

12:30 pm

CLOSING BRUNCH

A delicious brunch featuring fresh, seasonal ingredients.

coco rainbow

LES SOURCES DE CAUDALIE
BORDEAUX

Rates
Spring Retreat - Sculp and Bloom

Room

Simple _____ 1 086€

Double _____ 1 672€ so 836€ / person

Suite

Simple _____ 1 326€

Double _____ 1 912€ so 956€ / person
