

JULY 19 TO 24, 2026



RETREAT FAMILY IN CHORUS

PARENTHOOD, BIRTH AND
PRECONCEPTION IN A MUSICAL AND
NATURAL CONTEXT

For families with children or planning to have children

**JOIN US!
LIMITED TO 8 FAMILIES**

OFFERED BY GRACE UNIVERSE CITY AND
ALINOË, INDEPENDENT MIDWIFE IN
SERVICE OF BIRTH SOVEREIGNTY.

6 days to gather, share
and find empowerment
in gentleness.

Languages: French,
Dutch, English.

IN RENNES-LES-BAINS, A
THERMAL SPA TOWN IN THE
HEART OF THE CATHAR
REGION, SOUTHERN
FRANCE, AT HARMONIA, A
UNIQUE CENTRE FOR ART
AND WELL-BEING IN
FRANCE.

www.graceuniversecity.com



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PPROGRAMME:

- NATURE OUTINGS TO ENERGETIC LOCATIONS
- COLLECTIVE SINGING SESSIONS
- CONCERTS
- THEMED TALKING CIRCLES
- SUNRISE MEDITATIONS
- CHILDCARE
- YOGA AND DANCE FOR PARENTS AND CHILDREN
- VEGETARIAN CUISINE
- SWIMMING IN NATURE (LAKES, RIVERS, HOT SPRINGS)

NOT INCLUDED:

- TRANSPORT
- BREAKFAST
- BATH TOWELS
- EXTRAS OUTSIDE THE GROUP PROGRAMME (INDIVIDUAL TREATMENTS)

View the accommodations at www.centreharmonia.com

Pricing : Accommodation : €30 to €100/night/family depending on choice (tent, dome, gîte)

Organisation : €250/adult, €440/couple, children free up to 16 years old

Meals (lunch and dinner) : €30/adult, €20/child up to 16 years old

Childcare : €10/child/day

**SUPPLEMENT
(OPTIONAL) :
INDIVIDUAL
TREATMENTS,
MASSAGES AND
PERSONAL
CONSULTATIONS**

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PRACTICAL INFO :

THE RETREAT TAKES PLACE IN RENNES-
LES-BAINS, AIRPORTS : CARCASSONNE,
TOULOUSE, PERPIGNAN

TRAIN STATION : CARCASSONNE,
COUIZA

ACCOMMODATION AT THE CENTRE
HARMONIA

POSSIBILITY TO ARRIVE EARLY AND
STAY AFTER THE RETREAT

VEGETARIAN FOOD, ALCOHOL AND
SMOKE FREE.

Following your registration request,
we will arrange a phone or video call
to deepen the connection and ensure
our offering matches your needs.

Apply here : [https://
claireaunaturel.systeme.io/
familleenchoeur](https://claireaunaturel.systeme.io/familleenchoeur) or via WhatsApp
+33769632348

WE LOOK FORWARD TO
WELCOMING YOU !

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