



BODHI EDUCATION

• Parent & Teen Weekend •



Bodhi & Oliyoga retreat



May 1st to 3rd
Sainte Marguerite Island

Oliyoga and Bodhi Education unite their expertise and shared passion to present a unique, all-inclusive weekend retreat for parents and pre-teens / teens.

Immerse yourselves in a nurturing experience of self-care, yoga, mindful connection, and Montessori-inspired exploration.

After the magic of our parent-child retreat...We're returning to the island this time for **pre-teens/teens, and their parents** to dive into a **powerful journey of connection and authentic expression**. Our accommodation for the weekend will be in a **shared dormitory at the magnificent, newly renovated Fort Royal, a classified historical monument**.



A weekend designed to help **families slow down, reconnect, and rediscover each other beyond the rush of daily life. Imagine three days held by pine trees, sea breeze, and freedom...**

Parents and teens will experience **tailor-made activities** designed to help you **disconnect from daily stresses and reconnect with each other**.



Theme for this unforgettable retreat

- Living Values -
Connection, Freedom & Trust

• Parent & Teen Weekend •

Schedule

Friday

14:00	Ferry
15:00	Opening Circle
15:30	Yoga Duo
16:45	Settle into rooms
17:30	Freedom Art Activity
19:30	Dinner
20:30	Night Circle

Saturday

07:30	Wake up Meditation
08:30	Breakfast
10:00	Teens: Theatre Impro Adults: Face Yoga & More
12:00	Picnic Lunch
14:00	Happy Splash & Ritual
17:00	Acro Yoga Duo
19:30	Dinner
20:30	Teen Show & Night Circle

Sunday

07:30	Wake up Yoga
08:30	Breakfast
10:00	Workshop Living Values
12:00	Farewell Lunch
13:30	Closing Circle
14:00	Ferry back



Date & Location

Date: Friday May 1st to Sunday May 3rd 2026

Location: Saint Marguerite Island

Availability

Only 10 Duos available (contact us if more than 1 Teen)

Rates

350€ for 1 Parent
300€ for 1 Teen (11-15yo)
Package includes:

- Boat transfer from/to Cannes
- 2 nights in the Fort Royal
- Meals
- Yoga classes
- Teens activities
- Duo classes

Terms & Conditions

A non refundable 350€ deposit the day of the reservation and the rest will be due before the 1st of April 2026.

Contact us

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