



• Parent & Teen Weekend •



# Bodhi & Oliyoga retreat

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**.

**May 1st to 3rd**  
**Sainte Marguerite Island**



Theme for this unforgettable retreat  
- Living Values -  
**Connection, Freedom & Trust**



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# 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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