



# TIME FOR YOU

**A TRANSFORMATIVE PREMIUM RETREAT  
TO REVEAL YOUR INNER BEAUTY**

**APRIL 4 – APRIL 6, 2025 |  
MONTPELLIER, FRANCE**



I AM **ANNA**, A PROFESSIONAL MODEL FOR 15 YEARS, A FLORAL ARTIST, WRITER, AND SINGER, AS WELL AS A DEDICATED KUNDALINI YOGA TEACHER.

MY JOURNEY WITH KUNDALINI BEGAN IN LOS ANGELES, WHERE I IMMERSED MYSELF IN ITS TRADITIONAL WISDOM, TRAINING INTENSIVELY TO MASTER ITS TRANSFORMATIVE POWER.

**KUNDALINI** IS MORE THAN A PRACTICE— T'S A WAY TO AWAKEN THE ENERGY WITHIN, RECONNECT WITH YOUR TRUE ESSENCE, AND EMBRACE THE FULL DEPTH OF YOUR BEING.

PHYSICALLY, IT STRENGTHENS THE BODY AND ENHANCES VITALITY.

MENTALLY, IT CLEARS THE MIND, IMPROVING FOCUS AND EMOTIONAL RESILIENCE.

SPIRITUALLY, IT UNLOCKS CREATIVITY, INTUITION, AND A PROFOUND SENSE OF SELF-LOVE.

THROUGH THIS PRACTICE, I HAVE DISCOVERED THAT TRUE BEAUTY IS NOT SOMETHING WE CHASE—IT IS SOMETHING WE REVEAL. *IT RADIATES FROM WITHIN WHEN WE EMBRACE OUR AUTHENTICITY, GRACE, AND POWER.*

THIS IS WHY I CREATED **TIME FOR YOU**—A RETREAT DESIGNED FOR WOMEN TO RECONNECT WITH THEIR INNER BEAUTY, HONOR THEMSELVES FULLY, AND EXPERIENCE THE FREEDOM OF SELF-EXPRESSION.



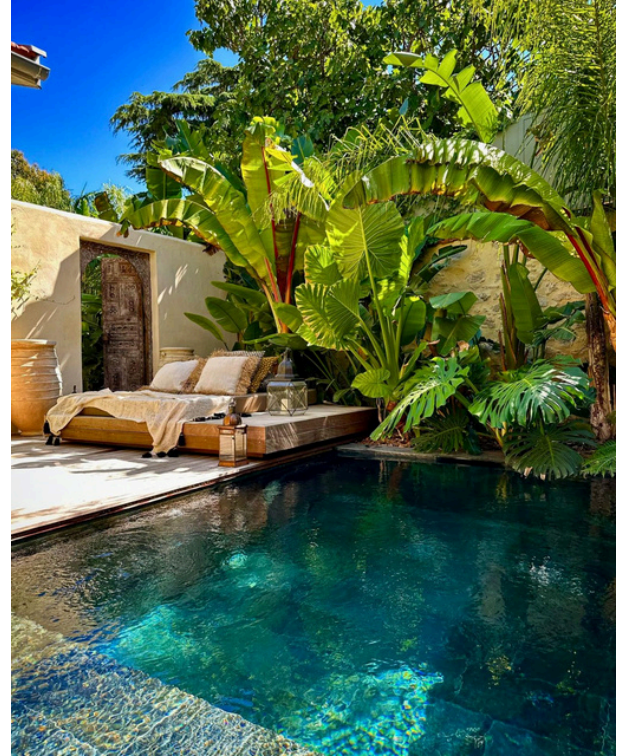


# A RETREAT DESIGNED FOR YOU

WELCOME TO **TIME FOR YOU**—A SACRED RETREAT EXCLUSIVELY FOR WOMEN, WHERE BEAUTY IS NOT DEFINED BY EXTERNAL STANDARDS BUT BY THE LIGHT WE CARRY INSIDE.

I HAVE CHOSEN **CASA JUNGLE**, A HIDDEN SANCTUARY IN THE HEART OF MONTPELLIER THAT FEELS LIKE A SECRET ESCAPE TO BALI. BUILT WITH ORGANIC MATERIALS LIKE WOOD AND STONE, AND SURROUNDED BY LUSH GREENERY, THIS SPACE IS DESIGNED TO HELP YOU RECONNECT WITH NATURE—AND WITH YOURSELF.

**THIS RETREAT IS A JOURNEY. A JOURNEY OF SELF-DISCOVERY, TRANSFORMATION, AND LIBERATION.**





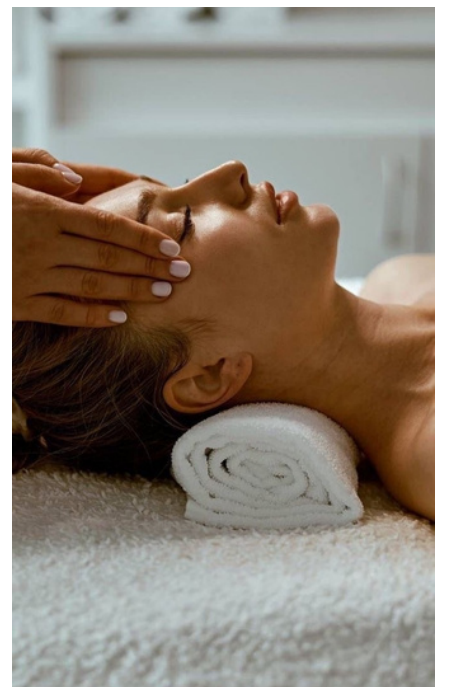
# A RETREAT DESIGNED FOR YOU

THROUGH KUNDALINI PRACTICES, CONSCIOUS RITUALS, AND IMMERSIVE EXPERIENCES, YOU WILL AWAKEN YOUR RADIANCE, RELEASE LIMITATIONS, AND STEP FULLY INTO YOUR POWER.

## OVER THESE THREE DAYS, YOU WILL BE INVITED TO:

- MOVE AND AWAKEN YOUR ENERGY THROUGH **KUNDALINI YOGA**
- QUIET YOUR MIND WITH **MEDITATION AND JOURNALING**
- EXPERIENCE THE ART OF **CONSCIOUS EATING**, INSPIRED BY TRADITIONAL KUNDALINI WISDOM, WHICH NURTURES BOTH BODY AND SPIRIT
- INDULGE IN A **RELAXING MASSAGE** TO SUPPORT YOUR BODY'S RENEWAL
- EMBARK ON A BREATHTAKING **ESCAPADE TO THE CAMARGUE**, WHERE THE SEA BECOMES YOUR DANCE FLOOR
- EMBRACE YOUR BEAUTY IN A **PROFESSIONAL PHOTOSHOOT**
- CELEBRATE YOURSELF IN AN **ELEGANT GALA EVENING** WITH **GRACEFUL DEFILE**, HONORING THE GODDESS WITHIN

**THIS IS NOT JUST A RETREAT. IT IS A RETURN TO YOURSELF.**





# THE POWER OF GATHERING WOMEN

THROUGHOUT HISTORY, WOMEN HAVE GATHERED IN CIRCLES TO SHARE WISDOM, CELEBRATE THEIR ESSENCE, AND SUPPORT ONE ANOTHER.

THERE IS PROFOUND MAGIC IN SISTERHOOD—A SPACE WHERE WE CAN SHED SOCIETAL EXPECTATIONS AND RECONNECT TO THE SACRED FEMININE WITHIN US.

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**TIME FOR YOU** IS A SANCTUARY WHERE YOU WILL STEP INTO

YOUR AUTHENTIC POWER,  
RECLAIM YOUR VOICE,  
EXPERIENCE THE DEEP NOURISHMENT OF FEMININE CONNECTION.

TOGETHER, WE HONOR THE WISDOM OF OUR ANCESTORS AND THE ENERGY THAT UNITES US ALL.



# RETREAT SCHEDULE OVERVIEW

## 04.04.25 FRIDAY:

- 15:00: ARRIVAL & TEA , ROOM CHECK-IN
- 17:00: OPENING CEREMONY , GROUP CIRCLE
- 18:00: KUNDALINI YOGA & GONG
- 19:30: CONSCIOUS DINNER
- 21:00 MEDITATION & JOURNALING

## 05.04.2025 SATURDAY:

- 06:00-8:30: SADHANA KUNDALINI
- 09:00-10:00: BREAKFAST
- 11:00 DEPARTURE & TRAVEL TO BEACH
- 12:00-12:45: ECSTATIC DANCE
- 13:00-15:30: LUNCH TIME - PICNIC AND SWIM
- 16:00-17:00: RETURN TO RETREAT
- 17:00-19:00: FREE TIME
- 19:00-19:30: GATHERING
- 19:30-20:00 GRACEFUL FASHION SHOW
- 20:00-22:00: GALA DINNER
- 22:00-23:00: DANCE

## 06.04.2025 SUNDAY:

- 06:00-08:30: KUNDALINI SADHANA
- 08:30-09:00: SHARING & JOURNALING
- 10:00-13:00: BRUNCH, MASSAGE , PHOTOSHOOT
- 13:00- 14:00 FREE TIME
- 14:00- 15:30 REBIRTH PRACTICE, JOURNALING
- 16:00 -17:00 CLOSING CEREMONY
- 18:00 TEA AND DEPARTURE TIME



## WHAT'S INCLUDED?

**THIS ALL-INCLUSIVE RETREAT HAS BEEN CAREFULLY CURATED TO PROVIDE A DEEPLY IMMERSIVE AND NOURISHING EXPERIENCE:**

- **3 DAYS, 2 NIGHTS IN A BREATHTAKING PRIVATE VILLA WITH SWIMMING POOL**
- **DAILY KUNDALINI YOGA AND MEDITATION SESSIONS**
- **CONSCIOUS EATING EXPERIENCE – LEARNING THE SACRED CONNECTION BETWEEN FOOD, BODY, AND SPIRIT THROUGH KUNDALINI WISDOM**
- **PRIVATE ESCAPE TO A SECRET CAMARGUE BEACH – MOVEMENT, DANCE, AND DEEP RECONNECTION TO THE SELF**
- **RESTORATIVE FACE & SHOULDERS MASSAGE FOR RELAXATION AND RENEWAL**
- **PROFESSIONAL BEAUTY PHOTOSHOOT – CAPTURING YOUR RADIANCE**
- **ELEGANT GALA DINNER & DEFILE – HONORING YOUR BEAUTY**
- **DANCING AND MUSIC CELEBRATION**
- **ALL MEALS INCLUDED – NOURISHING, HIGH-VIBRATIONAL CUISINE PREPARED BY A FRENCH CHEF**

**EVERY DETAIL IS DESIGNED TO ELEVATE YOUR EXPERIENCE AND CREATE A TRANSFORMATIONAL SPACE WHERE YOU CAN FULLY BE YOURSELF.**

A woman with long blonde hair, wearing a white, flowing dress, stands with her arms raised high in a sunlit outdoor setting. The background is a bright, hazy sky with soft, out-of-focus greenery and trees, creating a warm and serene atmosphere. The woman's face is partially visible, looking upwards with a peaceful expression.

## **A GIFT TO YOUR SELF**

*A FULL IMMERSION INTO BEAUTY AND SELF-LOVE*

### **ALL-INCLUSIVE PACKAGE:**

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- ◆ **PRIVATE ROOM – €1'111**
- ◆ **SHARED ROOM (PRIVATE BED) – €999**

### **RETREAT EXPERIENCE (WITHOUT ACCOMMODATION):**

- ◆ **€690 ( ALL ACTIVITIES INCLUDED)**



## **EARLY BIRD OFFER**

*(AVAILABLE UNTIL FEBRUARY 23, 2025)*

- **PRIVATE ROOM: €990 ( 1 SPOT)**
- **SHARED ROOM (PRIVATE BED): €940 ( 5 SPOTS AVAILABLE)**

**RETREAT EXPERIENCE WITHOUT  
ACCOMMODATION:**

**€580 (ONLY 4 SPOTS AVAILABLE!)**

**SECURE YOUR PLACE NOW AT A SPECIAL RATE!**



A background image showing two women in white clothing practicing yoga in a sunlit outdoor setting. One woman is in the foreground, sitting in a lotus position, while the other is slightly behind her, also in a yoga pose. The scene is bright and airy, with soft sunlight filtering through the background.

## **PRACTICAL INFORMATION**

### **TIME FOR YOU - PREMIUM RETREAT**

DATES: **APRIL 4 – APRIL 6, 2025**

LOCATION: **CASA JUNGLE, MONTPELLIER, FRANCE**

EMAIL: ***ANNAPERIGAULT@GMAIL.COM***

WEBSITE: **WWW.ANNAKUNDALINI.COM**

INSTAGRAM: **@ANNAPERIGAULT**

**JOIN THIS UNIQUE EXPERIENCE AND HONOR  
YOUR GRACE AND BEAUTY.**

**BOOK YOUR SPOT NOW!**



# CASA JUNGLE – A SANCTUARY FOR THE SOUL

DISCOVER A HIDDEN PARADISE IN THE HEART OF MONTPELLIER.

CASA JUNGLE IS A PLACE OF PEACE, AN OASIS OF ORGANIC BEAUTY WHERE STONE, WOOD, AND LUSH GREENERY CREATE A DEEP SENSE OF CONNECTION TO NATURE. STEPPING INSIDE FEELS LIKE STEPPING INTO A SECRET RETREAT IN BALI—FAR FROM THE NOISE, YET RIGHT IN THE CITY.

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WHY NATURE? BECAUSE TREES, EARTH, AND WATER ARE NOT JUST ELEMENTS—THEY ARE MIRRORS OF OUR OWN NATURE. THEY REMIND US OF OUR PRIMAL FEMININE ENERGY—WILD, FREE, AND DEEPLY INTUITIVE.

WHEN WOMEN GATHER IN NATURE, SOMETHING MAGICAL HAPPENS. WE SHED LAYERS OF LIMITATION, WE RECLAIM OUR POWER, AND WE STAND FULLY IN OUR BEAUTY—INSIDE AND OUT.

**TIME FOR YOU IS MORE THAN A RETREAT.  
IT IS A HOMECOMING TO YOURSELF.**

