



HOLISTIC RETREAT

LA MAISON SUSPENDUE

From September 17 to 20, 2026
Menton, French Riviera





The place
Our chef
Experiences
The program
The room
Price list
Contact me

SUMMARY



MAISON CAREÏ

Perched on a mountainside and offering breathtaking views, this Mediterranean haven invites you to enjoy a timeless escape where serenity and calm prevail. The villa and its gardens offer complete privacy, creating that rare feeling of being suspended between the outside world and your inner world.

Maison Careï is a luxury eco-lodge with its organic lemon grove, olive trees, and vegetable gardens. Beyond the villa, chickens and sheep roam freely, giving the place a bucolic and authentic atmosphere.

More than just a stay, we offer you a personalized experience where nature, relaxation, and the Mediterranean way of life come together.

Let yourself be transported to this retreat, far from the hustle and bustle. Welcome to “La Maison Suspendue”.

OUR CHEF

Jonathan Aristhène, founder of Seaside Juicery in Monaco, embodies a lifestyle in harmony with the sea and its elements.

Through 100% plant-based cuisine and juices, he draws inspiration from the sun, air, nature, and energy of the seaside, which he considers to be essential sources of balance and vitality.

His approach invites us to return to the basics : eating mindfully, living in harmony with our environment, and cultivating simple well-being.

His vision deeply resonates with mine : by acting with intention in our diet, our movement, our breathing, and by celebrating life, we can inspire others to live more mindfully and fully reveal our potential.





YOGA

You will enjoy two hours of yoga per day where you will discover different styles, respecting the natural cycle of your body and its energy. Whether by the sea or in this suspended shala, open to nature with views of olive trees and the sea beyond, each session will invite you to honor your inner peace.

MASSAGE

To relax and detoxify, you will be offered a relaxing massage before your yin yoga class.

EXPERIENCES

OPEN-AIR CINEMA

A movie night by the pool, accompanied by the sound of cicadas. An inspiring summer evening watching Eat, Pray, Love, with popcorn included.

MENTON MARKET EXPERIENCE

We will explore the Menton market, where we will taste local products on the beach. A total immersion in the Italian atmosphere of this pearl of the French Riviera.

ITALIAN SUMMER NIGHT AND LINEN

Preparation of an Italian meal over a glass of wine. Linen, symbol of Mediterranean summers, will be honored on this last night of timelessness, nestled in our suspended house.



THE ROOM

Maison Carei has 5 bedrooms and 4 bathrooms. There are three suites overlooking the lemon grove. The minimalist decor, neutral tones, and raw materials reflect the essence of the Mediterranean. It has two further bedrooms with a shared bathroom.

Wherever you are, olive trees and lemon grove surround you.



Thursday, September 17 :

Participants arrive in the afternoon
Welcome drink
Tour of the house, yoga shala, and outdoor spaces
Afternoon snack
Opening circle and discovery of surprises
Slow Flow
Dinner made by our chef

Friday, September 18 :

Breakfast
Sunrise Morning Flow
Seaside walk and swimming
Food workshop on the benefits of a vegan lifestyle and juices
Lunch made by our chef
Free time at Maison Careï
Afternoon snack
Relaxing massage
Yin Yoga
Dinner made by our chef
Movie night Eat, Pray, Love

Saturday, September 19 :

Breakfast
Power Vinyasa
Menton Market Experience and beach picnic tasting
Free time at Menton
Afternoon snack
Relaxing massage
Yin Yoga
Italian Summer Night and Linen : pasta & wine

Sunday, September 20 :

Ashtanga
Brunch made by our chef
Free time at Maison Careï
Closing circle : cacao ceremony
Oracle reading

PROGRAM



Room	Price
Private room	1.890
Shared room	1.450

The price includes accommodation, food, experiences, and everything mentioned in the program.

PRICE LIST



ACCESS AND TRANSPORTATION

Our retreat location is 45 minutes from Nice airport and 20 minutes from Monaco and the Italian border.

A taxi service will be available to take you to the retreat location.

You will be put in touch with the other participants so that you can organize your transportation among yourselves (renting a vehicle or sharing a four- or eight-seater taxi).

ARRIVALS AND DEPARTURES

You can arrive from 3:00 pm on the first day. The retreat begins at 5:00 pm.

The retreat will end after the brunch on the last day. Rooms and the house must be vacated by 3:00 pm.

RESERVATIONS

To book your place, please contact me and let me know which room you would like.

Your reservation will be confirmed upon receipt of a deposit of 30% of the total cost of your stay.

Payment in installments with no fees is available.

LOGISTICS



CLARENCE

YOGA

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