

HIKING, DIESSE

ALCHEMY OF THE 5 ELEMENTS

She offers immersive nature experiences designed to recharge your body and mind.

The program includes mindful walks, visits to energetic sites, creative Land Art, yoga practices, and deep connection with nature. Hikes are adapted to the seasons, weather conditions, and your personal needs.

With kindness and wisdom, Christelle guides you through activities that harmonize the senses, release stress, and spark creativity. Enjoy the energy of the landscapes, the beauty of natural elements, and a calming rhythm. You'll return refreshed, centered, and inspired.

No performance required – just the joy of walking, feeling, and sharing. An invitation to experience a simple, profound, and authentic moment in the heart of Grand Chasseral.

GOOD TO KNOW

- Dates: To be agreed upon according to availability
- Who are the immersions for: friends or family reunions, corporate activities to foster team spirit, in search of a conscious relationship with nature (in oneself and with one's surroundings).
- Experiences are organized for a half day, a full day, a weekend ... and also a full week retreat with meals and accommodation.



CONTACT

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