

Yoga, dance and natural remedies from local well-being gurus offer organic fitness for all the family at CHAMFEST - 15, 16 & 17 June 2018.

Stretch out with some yoga or dance yourself fit at the complimentary well-being sessions at Chamonix Mont-Blanc's new lifestyle boutique festival, including yoga with **Florence Coudray** of **Tadasana Yoga** and **Zumba** fitness dance classes from **Monica Andrei**, both Chamonix locals.

Every morning of CHAMFEST, **Florence Coudray** of **Tadasana Yoga** will be hosting open-air yoga in full stunning view of Chamonix's famous peaks. **Florence** trained as a yoga teacher with the celebrated Simon Park, among other top yogis, and is also a qualified Ayurvedic therapist. Based in Chamonix Mont-Blanc, **Florence** hosts yoga classes and retreats in the mountains and on beaches around the world. Friday 15th June at 1130AM, Saturday 16th and Sunday 17th June at 1030AM.

Chamonix-based **Zumba** dance instructor **Monica Andrei** will be sharing her passion for dancing and showing how to improve movement and fitness, through easy and fun choreography sessions for both adults and kids throughout CHAMFEST. **Monica**'s fitness dance classes use up-beat music from around the world and she will also be hosting line-dancing sessions for children on Saturday and Sunday afternoons in the dedicated CHAMFEST Kids' Zone. **Zumba** sessions for adults: Friday 15th June at 1030AM, Saturday 16th and Sunday 17th June at 1130AM.

On all three days of CHAMFEST, **Snow Angel Massage** will have their spa in a geodesic dome set up for relaxing massages. Using a fusion of styles, from Thai and Hawaiian lomi-lomi, to deep tissue techniques and inverted spinal decompression, massages are dynamic, eliminate toxins, relieve stress and can boost the immune system, all using organic handmade products. Massages are given in return for donations to either the Caisse de Secours of the Compagnie des Guides or the Crampons des Cimes of the PGHM.

On Sunday 17th June, the association **Plantes Magiques** will be offering short botanical walks around the Domaine des Planards, where the CHAMFEST site is located. These are outings accessible to the whole family, hosted and supervised by the **Plantes Magiques**' own 'fairies', showing how to find and collect approved medicinal wild mountain plants, as well as sharing their traditional recipes for tinctures, cosmetics and herbal remedies.

Chamonix-Sud's yoga centre **Sattva Yoga** will have a stall in the CHAMFEST village throughout the festival, presenting Ayurveda therapies and advice, as well as different yoga practices and their benefits. Originally from India, Ayurveda is considered to be the oldest healing science that creates a transformative process to bring more peace, happiness and balance into our lives. There will also be yoga and Ayurveda products available for purchase.

If you're seeking a well-being adrenaline boost combined with breathtaking aerial views, then get some altitude and fly like a bird on a **tandem parapente flight** with **ChamSnow**'s special CHAMFEST discount, available on a flight taken from Brévent-Planpraz between 15th June to 1st July 2018: 1hr for 100€ instead of 110€, by showing your CHAMFEST ticket or wristband on booking.

Throughout CHAMFEST, there will be organic refreshments - delicious smoothies and healthy summer wraps - available from Chamonix-Sud hot-spot **Café Bluebird**, prepared by Ross Cluley and his team.

Other well-being treats, activities and refreshments at CHAMFEST are still to be revealed, so be sure to watch the website for details and to book tickets: <https://chamfest.fr/en/programme-2018/>

CHAMFEST is an environmentally conscious and eco-friendly festival: activity providers and catering suppliers will use biodegradable or recyclable packaging for products used and consumed on site and all drinks partners will be supplying reusable cups, to minimise the waste the event produces. CHAMFEST is also a family friendly festival that is considerate of its neighbours, thus the festival will close at 10PM every evening to ensure there is no disturbance.

Local tour operator Chamonix All Year, celebrating their 15th anniversary and the main sponsor of CHAMFEST, is offering a 15% discount on all of their accommodation booked in Chamonix for the festival and there are other hotel groups in the Chamonix valley offering 10% off bookings for the festival, too: <https://chamfest.fr/en/festival-info/accommodation/>, as well as further accommodation information available on the local tourist office website: www.chamonix.com. For festival travel packages and airport transfers, CHAMFEST partner Chamonix Valley Transfers (CVT) are giving 10% off all bookings for festival goers: <https://chamfest.fr/en/festival-info/travel/>.

For more information: www.chamfest.fr www.facebook.com/CHAMFEST

<https://chamfest.fr/en/book-tickets/>

<https://www.youtube.com/channel/UCoALjL3WJvXwFtBa4k8ksmg>

For further press information or interview requests, please contact:

Belinda Buckley: +33624774788, belinda.buckley@lineone.net

www.belindabuckley.com