

CONSTANCE
EPHELIA
MAHÉ, SEYCHELLES

The Ephelia 3-Day Wellness Immersion

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SPA



Yoga, breathwork, and deep restoration
in a luxury sanctuary.

True by Nature

About Your Instructor



Frédérique Duchenne-Burckel is a certified yoga teacher (500+ hours, *Yoga Alliance*) and cognitive behavioral coach with over 15 years of experience in holistic wellbeing.

Her background includes Ashtanga yoga, alongside a deep focus on yin yoga, fascia awareness and hormonal balance, offering a refined and balanced approach to movement and inner wellbeing. She holds an Executive Master in Coaching and management from Université Paris-Dauphine (PSL University), complementing her work with a structured and insightful understanding of human behavior.

She began her meditation journey at the age of 17, cultivating a lifelong connection to mindfulness, awareness and self-exploration. Through a calm and intuitive guidance, Frédérique creates a supportive space where each guest is invited to reconnect with their body, restore balance and integrate simple, sustainable practices into everyday life.





This exclusive three-day workshop is designed for guests seeking a deeper connection with their body, their energy and their long-term wellbeing.

Hosted in the open-air yoga shala at the heart of the spa sanctuary at Constance Ephelia Resort in the Seychelles, surrounded by mountains, tropical vegetation and the fresh air of the Indian Ocean, this immersive experience blends yoga, meditation, and luxury spa rituals.

Participants leave not only deeply restored, but empowered with a clear personal practice they can sustain long after their stay.

Key Elements

Exclusive small group experience.

Designed to offer personal attention, tailored guidance and gentle hands-on support.

Maximum 6 participants.

A guided journey toward balance and self-awareness.

Simple tools and gentle guidance to help you better understand your body, your energy and what support your well being.

Daily Movements, breathwork and mindful practices.

A blend of yoga flow, pranayama, meditation, mudras and restorative practices to reconnect body and mind.

A personal reflection and self-assessment process

Light, accessible questionnaires and guided reflections to help you identify your strengths, needs and patterns — at your own pace.

Sound and sensory immersion

Deep relaxation through sound healing (crystal bowls, koshi), natural elements and a multisensory experience inspired by the surrounding nature.

Restorative afternoon sessions

Yin and deeply relaxing practices designed to release tension, slow down and recharge.

Luxury spa and personalized treatments

Daily access to spa facilities (steam, sauna, pools) and a daily personalized 60-minute massage.

Mediterranean wellness lunch

A refined, healthy spread offering with vegan, vegetarian, pescatarian and thoughtfully prepared meat options, in a relaxed five-star setting.

Family-friendly flexibility

Access to the Kids Club (complimentary for children 3+) and optional nanny services for added comfort.

Price: EUR 1,950 per guest for the full 3-day experience, including the exclusive small group format, luxury spa facilities, daily treatments and the highly personalized therapeutic approach.

Daily Schedule

Time	Session	Experience
09:00 - 11:00	Morning Practice	Pranayama, meditation, gentle flow, yin & restorative. A complete and fluid practice to awaken the body, calm the mind and restore balance
11:00 – 11:20	Reflection & Journaling	A quiet moment to observe, integrate and reconnect with your experience Day 1 includes a light guided self-assessment worksheet
12:00 – 14:00	Mediterranean Wellness Lunch at Helios	A refined, healthy spread offering with vegan, vegetarian, pescatarian and thoughtfully prepared meat options, in a relaxed five-star setting.
14:00 – 15:00	Guided Theory & Open Discussion	Understanding your experience, exploring what works for you, with space for questions and shared insights
15:00 – 15:10	Short Refresh Break	–
15:10 – 16:25	Restorative & Sound Session	Yin, deep fascia release and sound immersion (crystal bowls, natural elements). A deeply relaxing and sensory experience to unwind and recharge
16:25 – 16:55	Spa Experience	Access to steam, sauna, pools and relaxation areas
17:00 – 18:00	Personalized Massage	A 60 minutes tailored treatment to support deep relaxation and overall wellbeing
After 18:00	Free Time	Guests are free to enjoy the resort and dine at their leisure

A 3-Day Journey

Day 1

Ground & Reconnect

A gentle arrival into the experience. Through movement, breath and awareness, you begin to reconnect with your body and observe your current state.

Light self-reflection and guided exploration create the foundation for your personal journey.

Day 2

Balance & Open

A deeper exploration of movement, breath and inner awareness. You begin to release tension, expand your energy and discover what truly supports your sense of balance.

Practices become more fluid, intuitive and nourishing.

Day 3

Integrate & Renew

A complete and expansive experience bringing everything together. You refine your personal practice and leave with simple, sustainable tools to support your wellbeing in everyday life.

A moment of clarity, renewal and quiet confidence.

Guest Outcome

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A **clearer connection** with your body and your energy
A sense of **deep relaxation** and renewed vitality
Greater awareness of what supports your **personal balance**
Simple tools to maintain **wellbeing** in everyday life
A personalized daily practice **adapted** to your lifestyle
A feeling of clarity, calm and inner **stability**



Closing Reflection

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When the body softens and the mind becomes quiet, a deeper clarity begins to emerge. In this space, we reconnect with our natural rhythm, our inner balance, and our ability to move through life with greater ease and awareness.

This experience is an invitation — not only to feel better, but to carry that sense of balance into your everyday life.

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