

Chateau Lou Casteou Body Tonic Luxury Fitness and Dance Retreat

September 20th-24th 2017

Enrol now to book your place

Lose weight and improve your Fitness Level

Set in the beautiful French Cote d'Azur countryside, minutes from the sea, this luxurious fitness retreat provides the perfect balance of energetic fitness classes, Latin dance sessions outdoor activities including coastal and mountain treks, aqua-gym, circuit training, sea kayaking, gourmet meals and pampered luxury to help guests improve their fitness level or kick start a fitness regime.

5 days luxury accommodation in the chateau in en-suite bedrooms with sea or mountain views.

Fabulous nutritious, low carbohydrate meals and elegant 3 course dinners with wine.

Lou Casteou is available for private rental and also holds Latin Dance Retreats.

**Please contact Morag@Loucasteou.com
with questions and for reservations.
www.loucasteou.com**

