

# Wellness activities

12 results

in Saint-Pierre-Quiberon

## Jala Yoga

Come and practice yoga in an exceptional natural setting. Traditional Hatha yoga: meditation, pranayama (breathing) and asanas (postures). Paddle yoga Workshops 2,3 and 6h, retreat UEY-certified yoga teacher In summer, several daily sessions: - Kermahé beach, Monday to Friday, every morning at...

☎ 06 20 68 82 21 📍 Rue Duguay-Trouin Penthièvre

Groups : from 3 in 8 Person

to 31/12/2026



in Étel

## La Vagabonde

From 15€ / pers.

Located in the heart of Etel, La Vagabonde is a workshop dedicated to gentle practices. It offers yoga, pilates, qi gong, sophology, meditation, singing, dance, music and much more, as well as various workshops and courses to discover or deepen a particular practice. Whether you're looking to...

☎ 06 62 64 90 90 📍 16 rue de l'Yser

Groups : 9 minimum number of people



in Saint-Pierre-Quiberon

## Adya Studio Yoga Pilates

From 18€ / pers.

Sport, health and well-being center offering yoga and Pilates classes in Saint Pierre Quiberon, no registration required all year round. Pilates on mat, with small equipment, senior and Nordic Pilates (on the wild coast), hatha, ashtanga, yin sonore, feminine yoga and yoga 5-8 years. Classes for...

☎ 06 70 29 70 05 📍 Zone Artisanale de Kergroix

to 31/12/2026



in Saint-Pierre-Quiberon

## Quibtao - Qi Gong

"Zen attitude, iodized longitude!" Taoist Qi Gong, meditation and energy walks, dynamic relaxation and sophrology. Energy, relaxation, harmony. Courses and individual or group sessions.

☎ 06 11 25 42 31 📍 2 rue du chasse marée

Groups : from 5 in 30 Person

to 31/12/2026



in Belz

## Pranandi Wellness

From 55€ / pers.

Based in Belz, I welcome you to my home to help you discover the benefits of Ayurveda (an ancestral holistic medicine from India recognized by the WHO). My treatments include \* Abhyanga (full-body massage with hot oils) \* Shirochampi (head, shoulder, neck, face) \* Kalari (whole body massage...

☎ 06 17 08 08 21 📍 Lieu communiqué après la réservation

to 31/12/2026



in Saint-Pierre-Quiberon

**Energetic Reflexology**

From 70€ / pers.

Chantal Lahontaa Pechberty RNCP-certified reflexologist and relaxation therapist specializing in wellness, wellbeing, helping others and stress management. I offer multi-reflexology and reflex massages (plantar, palmar, abdominal or chi nei stang, cranial facial, dien chan, Chinese auricular,...

☎ 06 36 22 79 54 / 06 36 22 79 54 📍 134 rue du Général de Gaulle  
to 31/12/2026



in Quiberon

**FreedOM's Echo Sound Bath - Sound massage**

Perhaps it's time to discover a sound bath...or why not a sound massage? Carefully selected Intuitive Instruments played harmoniously together. A surge of waves and vibrations, that's the promise of the FreedOM's Echo sound bath to recharge your batteries in Quiberon. You are alone or in a...

☎ 06 37 39 90 37 📍 4 Rue Pasteur  
Groups : from 2 in 10 Person  
to 31/12/2026



in Quiberon

**Yoga with Vanessa Desmarthon**

Traditional Indian yoga classes, both group and private (individuals or small groups). Ancestral yoga without European additions or remixes. As for my coaching, it's the result of a comprehensive training program - accessible from 0 to 99 years of age. For 20 years, I've been at your side for...

☎ 06 75 31 95 23 📍 Salle Omnisports Rue de Saint-Clément  
to 31/12/2026



in Erdeven

**Ocea Institute**

Institut Océa is a beauty salon for men and women. Passionate about beauty, the team welcomes you to a showcase of beauty and well-being from Monday to Saturday. We offer Guinot body and facial treatments, sculpting, massages, waxing and semi-permanent manicures, eyelash curling and many other...

☎ 09 77 51 86 95 📍 Rue de Kerroch  
to 31/12/2026



in Saint-Pierre-Quiberon

**So'phrology**

From 11€ / pers.

Sophrology relaxation sessions, a gentle and caring mind-body practice accessible to everyone aged 15 and over. Come and discover the benefits of this practice through breathing, slow movements to relax your body and positive visualizations to calm your mind. \* Individual: Monday afternoons at...

☎ 06 21 24 84 43  
Groups : from 3 in 8 Person  
to 31/12/2026



in Étel

**Inner Beauty**

In a peaceful and rejuvenating setting, my eco-responsible treatment salon welcomes you for a unique moment of well-being. Nestled in a small seaside community, this space offers treatments and massages focused on holistic well-being, combining aesthetics with deep-rooted values of authenticity,...

☎ 06 22 13 91 35 📍 1 rue du Général Leclerc  
to 31/12/2026



in Erdeven

**Er Tehuen care**

From 9€ / pers.

Soins Er Tehuen is an oceanfront beauty salon. I offer personalized facials, including hydrofacials, kobido, peels, relaxing treatments and permanent laser hair removal.

☎ 06 24 14 99 59 📍 23 lieu dit Kerhillio  
to 31/12/2026



Quiberon Bay Tourist Office

[www.baiedequiberon.bzh](http://www.baiedequiberon.bzh)

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