Wellness activities

14 results

in Saint-Pierre-Quiberon

Jala Yoga From 13€ / pers.



Come practice yoga in an exceptional natural setting. Traditional Hatha yoga: meditation, pranayama (breathing), and asanas (postures). Paddle yoga 2-, 3-, and 6-hour workshops, retreats UEY-certified yoga instructor In the summer, several daily sessions: - Kermahé Beach, Monday through Friday,…

06 20 68 82 21 Rue Duguay-Trouin Penthièvre

Groups : from 3 in 8 Person

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 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 gonq, 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

Quibtao - Qi Qong



"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 Quiberon

Institut Thalassa Sea & Spa Quiberon From 30€



Located at the tip of the Quiberon peninsula, the Sofitel Quiberon Thalassa sea & spa institute overlooks the ocean. Our 5,000 m² Institute, open to all, is the ideal place for a rejuvenating getaway of a few hours or more, with or without accommodation. Our Institute offers a wide range of…

02 97 50 20 00 Boulevard Louison Bobet

Groups : from 2 in 35 Person

to 31/12/2027

in Etel

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

in Quiberon

Energetic Reflexology From 65€



Chantal LAHONTAA PECHBERTY, RNCP-certified reflexologist, relaxation therapist, and energy therapist specializing in wellness, well-being, counseling, and stress management, as well as providing support for various ailments. I offer multi-reflexology, reflexology massages, Chinese techniques,…

06 36 22 79 54 Résidence Les Cormorans 11 Rue du Mané Port Haliguen

to 31/12/2027

in Locmariaquer

Agdaleña



With Presence, Gentleness, and Listening, I guide you toward “loving yourself” through Movement, Massage, Connection to Nature, as well as unique Treatments and Rituals that we create together. During the summer, I host group sessions where I invite you to experience presence, practice…

06 63 89 14 62

Groups : from 5 in 15 Person

to 31/12/2026

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 Quiberon

FreedOM's Echo Sound Bath - Sound massage



FreedOM's Echo – A world dedicated to well-being in Quiberon... Why not take a moment to reconnect with yourself? Welcome to FreedOM’s Echo, a unique and inspiring place where sounds, vibrations, movement, and touch come together to offer you a true retreat of well-being. * Sound baths &…

06 37 39 90 37 4 Rue Pasteur

Groups : from 2 in 10 Person

to 31/12/2027

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 Les…

06 21 24 84 43

Groups : from 3 in 8 Person

to 31/12/2026

in Belz

Pranandi Wellness From 75€ / pers.



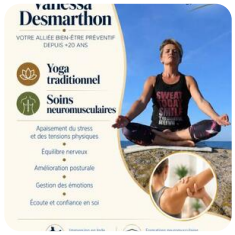
Based in Belz, I welcome you to my home to help you discover the benefits of Ayurveda (an ancestral holistic medicine from India recognized by the WHO). My treatments include * Abhyanga (full-body massage with hot oils) * Shirotchampi (head, shoulder, neck, face) * Kalari (full-body massage with…

06 17 08 08 21 Lieu communiqué après la réservation

to 31/12/2026

in Quiberon

Yoga with Vanessa Desmarthon: Your partner in preventive wellness for over 20 years



Traditional Yoga & Neuromuscular Therapy Many tools, one calling: to support you holistically. A personalized approach to release stress and tension, soothe the nervous system, and restore mobility, vitality, and serenity. Trained in India in traditional yoga and Ayurveda, and certified by the…

06 75 31 95 23 Salle Omnisports Rue de Saint-Clément

to 31/12/2026