

# Wellness activities

15 results

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 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



in Saint-Pierre-Quiberon

## Manna - Massage

From 65€ / pers.

You feel the need to... . Take a break to look after yourself? . Release muscular tension and boost your circulation? . Let go mentally? With my hands and your breathing, your whole body will relax in depth. I adapt the pressure of my movements according to how you feel, and let you enjoy the...

☎ 07.60.08.65.82 📍 Kerhostin

to 31/12/2025



in Quiberon

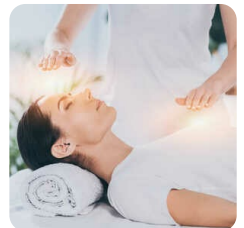
## Zome des Dauphins - Energy treatments and massages - Harmonization - Wellness

Treat yourself to a moment of well-being in a unique location in Quiberon, the "Zome des Dauphins" is nestled in a Zen and natural setting. Pascal and Nelly offer energetic treatments and massages. These holistic treatments release tension and stress and harmonize your energies, immersing you in a...

☎ 06 08 99 56 13 / 06 11 27 91 60 📍 Zome des Dauphins 19 rue des Dauphins

Groups : from 1 in 2 Person

to 31/12/2025



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 31/12/2025



in Saint-Pierre-Quiberon

**Adya Studio**

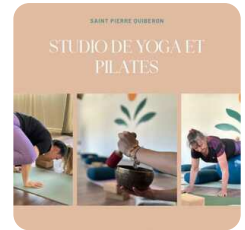
From 16€ / pers.

Adya is a cocooning studio designed to offer you a place adapted to your schedule, your life, your desires and your current needs. Pilates classes, senior, ball, pre-natal, nordic pilates. Yoga classes: hatha, yin, vinyasa, pre-post natal, endo yoga, yin and sound travel. Studio open during class...

☎ 06 70 29 70 05 📍 Impasse du Noroit

Groups : 20 minimum number of people

to 31/12/2025



in Belz

**Pranandi Wellness**

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 (whole body massage)...

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

to 31/12/2026



in Quiberon

**Ayurveda Therapy**

Ayurvedic therapist and wellness coach for over 11 years. I accompany you on the path to wellness, making you aware of the relationship between body and mind, and between pathologies and emotions. My massages, ayurvedic treatments and dietary advice are personalized to suit each individual's...

☎ 06 61 80 79 90 📍 85 rue des Quatre Vents

to 31/12/2025



in Étel

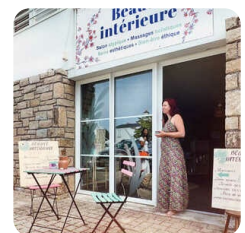
**Inner Beauty**

From 10€ / pers.

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 📍 Place Pasteur

to 31/12/2025



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 31/12/2025



in Saint-Philibert

**My Vital Energy**

I see life in Reiki. I welcome you to the heart of nature, for a moment of well-being. You lie on a massage table. You keep your clothes on, but take off your shoes. I cover you with a blanket. You're in cocooning mode. I use my hands to transmit Reiki to the areas where energy is needed....

☎ 06 99 08 52 88 📍 Pourhos

to 31/12/2025



in Saint-Pierre-Quiberon

**Jala Yoga**

From 13€ / pers.

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 31/12/2025



in Saint-Pierre-Quiberon

**Manna - Yoga**

From 15€ / pers.

Beyond postures, learn to live a little more in the Present, with a kind look at yourself and your environment. At home and in studio. . Private and group classes on the Quiberon peninsula . Yin Yoga & Sons workshops at FreedOm's Echo . Moonrise" treatment: a personalized yoga practice...

☎ 07 60 08 65 82 📍 Kerhostin

to 31/12/2025



in Saint-Pierre-Quiberon

**Fascia & sound relaxation workshops**

From 30€ / pers.

An original combination of simple exercises and vibratory treatment to relax the body and mind and release tension. 3 hours of gentle relaxation to learn how to care for your fascias, the tissues of the body that accumulate stress, fears and tension. Small groups in pleasant surroundings. From...

☎ 06 29 71 48 29 📍 27 rue Georges Clemenceau

Groups : 12 minimum number of people



in Carnac

**Thalazur Carnac**

Anchored in the Gulf of Morbihan, just a stone's throw from the white sands, Thalazur Carnac invites you to a unique getaway in a renowned seaside resort. Its exceptional heritage, mild climate and seascapes make it a dream destination. Between the salt flats and the ocean, treat yourself to a...

☎ 02 97 52 53 54 📍 4 Avenue De L'Atlantique

Groups : 10 minimum number of people

to 31/12/2026



Quiberon Bay Tourist Office

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

☎ +33 (0)2 44 84 56 56