



PRESS REVIEW

March 2021

SPECIAL EVENT: WE ARE PROUD TO OPEN THE



Centre Ayurvédique
Marie DE BOURGOGNE

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A unique concept in Burgundy and far beyond!

The bridging of two 50 centuries apart worlds, at the service of your Well-Being.

*Jean-Claude Bernard, general manager and owner of 'Hotel Le CEP*****' in Beaune, continues to enrich the offer with a range of unique experiences to be enjoyed, as he loyally pursues this tradition to share the best of Burgundian Hospitality.*

In early 2020, 'the House of the Ramparts was created' as well as a new Wine Tasting Cellar and a landscaped terrace dedicated to the seminar areas.

However, another project was particularly dear to his heart, and that has just been achieved, with the opening of :

Centre Ayurvédique
Marie DE BOURGOGNE

Therefore thanks to the creation of our brand-new Ayurvedic Center Marie de Bourgogne and the merging with our Spa Marie de Bourgogne, we are now proud to introduce you:

Centre de Mieux-Être
Marie DE BOURGOGNE

A unique area of 600 m2, rich in 2 worlds of quality and its 2 teams of professionals sharing an incredible amount of complementary expertise dedicated to your well-Being and to your Health!

A little flashback:

4 years ago we created the innovative concept of our [Spa Marie de Bourgogne](#), rich in its 15 sensory experiences.

That turned to be a success as it was rewarded by 8 international Awards, but it was mostly appreciated by our delighted and loyal customers that were both the international guests of the hotel and the local customers.

The warm greeting, the professionalism of the team, the quality of the treatments and the methods of Well-Being as well as the state-of-the-art technologies of our Spa Marie de Bourgogne bring to each of us what is needed to feel better.

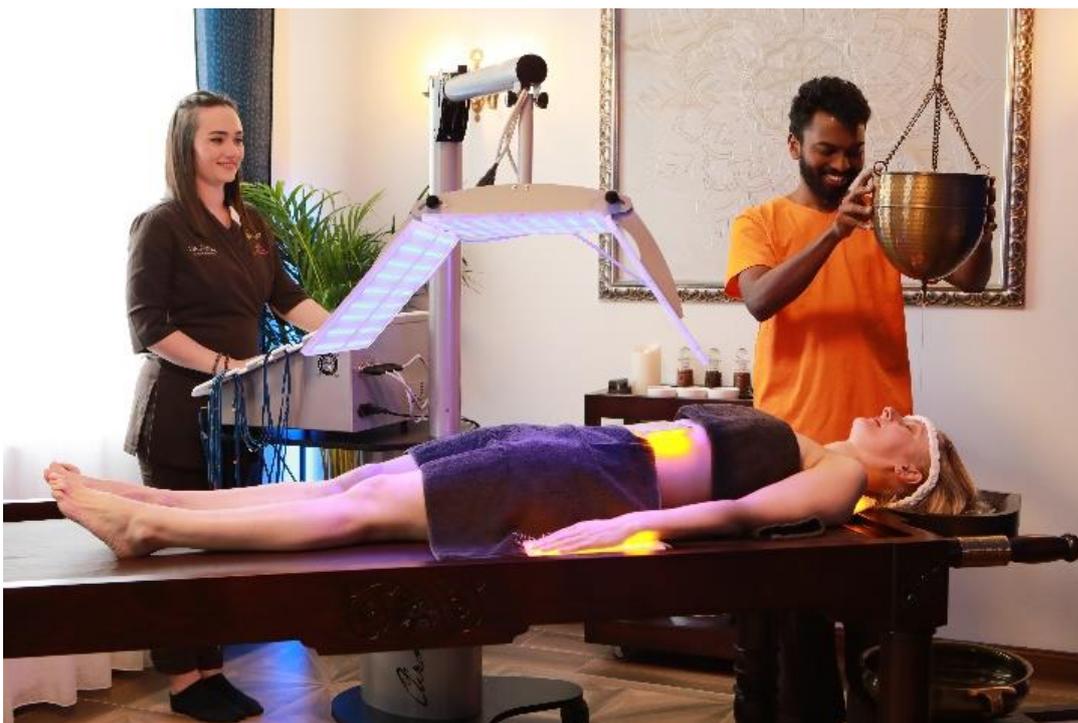
"I wished to go even further and to share with you my strong conviction that Ayurveda is a magnificent science that may bring even more to everyone in their pursuit of finding themselves and being better!"

My intimate conviction being based upon my personal experiences and upon my encounters in India, I just had to make that dream come true!

Of course, such a project cannot be achieved in an isolated way so passion, perseverance, imagination as well as boldness were necessary. As the project was taking shape though, everything was becoming crystal clear, as if the planets were aligned so that purpose became reality....

"The beautiful synchronicity of events and human encounters was amazing and 4 months after, eventually we were able to open that Ayurvedic Center Marie de Bourgogne!"

A chic and refined area that elegantly and harmoniously combines the best of Burgundy with the authenticity that is typical of that ancient Indian science that dates back to thousands of years.



Between these two know-hows chromotherapy and Shirodhara, not less than 5000 years at the service of your Health!

There are 5 treatment areas dedicated to all the technics of Ayurveda, a consultation office, areas for the medicinal oils or pouches preparation. Thus, they complete the existing areas of Spa Marie de Bourgogne, which allows to share the greeting area, the cloakrooms, the shop as well as the relaxation areas.

As a result, all these facilities give birth to the [Centre de Mieux-Être Marie de Bourgogne](#), a unique area of 600 m2, rich in 2 teams of professionals pooling an incredible amount of complementary expertise dedicated to your Wellness and to your Health!

>>> [Photo Gallery of the Ayurvedic Center](#)

A multidisciplinary team with various skills that has been recruited and trained by one of the best...

Undoubtedly the Human being and their skills are the elements that will guarantee the quality of bespoke experiences that will be proposed at the [Ayurvedic Center Marie de Bourgogne](#), that is why we have gathered a unique team at the service of your Well-Being thanks to the union of different know-hows.

So as to propose you the whole range of our Ayurvedic treatments, we needed a team with multiple and complementary skills: from the Indian physician for diagnoses to the therapists trained to all the diversity of Ayurveda technics.

Our asset is our enthusiasm for this beautiful purpose and that unique experience!

"I had been building this project of the creation of an Ayurvedic Center in addition to our Spa Marie de Bourgogne for quite a while. To achieve such a beautiful goal, I had identified the necessary resources, with Indian partners who were specialized in Ayurveda and who wished to open centers at international level. As Covid 2020 pandemic stopped any possibility of exchange with India as early as March 2020, unfortunately my project was brutally interrupted...

Then, I got the chance to meet **Pascal MANSO** on my way! Our encounter took place during a conference dedicated to Ayurveda, in our premises on October 24th 2020.

Was it a pure coincidence ?!!! Or it meant much more... Still it appeared obvious to us that we were on the same tune that we were going to achieve this beautiful project together! Thus, Pascal Manso became our adviser, rich in his solid experience and his positive energy!

The team recruitment has been quick and cheerful and the training Pascal provided has been immensely rich and deep, contributing to create bonds as well as a synergy within the team, which is necessary to the achievement of such a project! His experience, both international and French, has also allowed to bring the practical aspect and alternatives that promoted local products, without denying the authenticity and the roots of Ayurveda, which was of course a prerequisite in my project, in compliance with our culture in Le CEP.

The skills that guarantee the quality of the unique experience that you will be able to enjoy there comprise an Ayurvedic Indian physician, an herbalist, a therapist specialized in Reiki energy treatments, a kundalini Yoga teacher. The holistic care of the individual (their global consideration) quite suits the essence of Ayurveda.

The expertise of our Spa Marie de Bourgogne team also completes these skills, namely for mastering our cutting-edge technologies such as *Chromotherapy* or *Cryotherapy*..."

The Ayurvedic Assessment

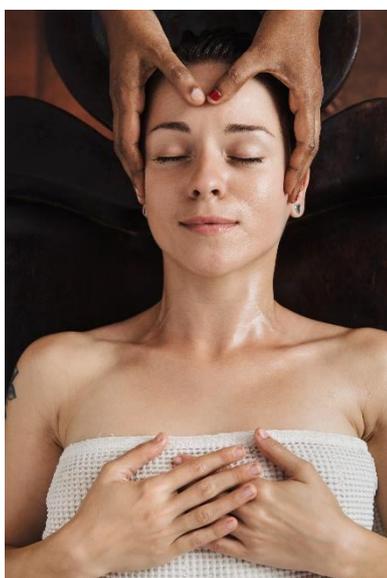
"Luck was definitely on our side since we were able to hire Doctor Sibin who was born in Kerala, that is why he had been immersed in that culture since his childhood so being an Ayurvedic physician could only be his calling. After 7 years of studying and practising in India, he chooses France in order to have a further knowledge of his European patients' way of life and in order to better understand the causes of the imbalances between the 'doshas' (vital energies) due to the lifestyle, the habits or the environment of his patients..."

As it happened a few days before his graduation for his Business Master that he prepared in Lyon, our encounter illustrates the evidence that our collaboration is a gift for each of us! He brings us his knowledge and his experience necessary to a genuine Ayurvedic check so we may give you proper advice and personalized follow-up. "



A Preventive action is the key in Ayurveda!

All the attentions and intentions in Ayurveda aim to awaken the innate intelligence of the body and the mind. They aim to restore their natural capacity to prevent illness and to maintain joy and serenity. It helps to create a ground where illness has no grip, to reinforce the natural defences of the body, and to stimulate the toxins and impurities removal processes so as to preserve our Health."



Ayurvedic Massages

One of the key elements of Indian medicine, Ayurvedic massage (abhyanga) allows to rebalance your doshas thanks to personalized well-being massages.

According to everyone's needs and imbalances, different massages are carried out, for the whole body, the head and the feet.

Our Ayurvedic physician will decide whether the massage should be energetic or stimulating, slow or envelopping. The oils and plants that are used are bespoke too and meet your needs.

Ayurvedic care in the purest Indian tradition

Ayurvedic Center Marie de Bourgogne endowed itself with a team of therapists trained in the rich and varied range of specific treatments, in the sheer tradition of India. The furniture, the accessories, a great part of the products directly come from India. They are completed by the local products with identical properties in order to favour the short-circuit and to reduce the intermediaries as much as possible.



Ayurvedic Cures

An authentic Ayurvedic Cure in France, that is possible!

Thanks to our Ayurvedic Indian physician and to our staff trained by one of the best practitioners in France, we propose you tailor-made cures, while staying at Hotel le Cep***** or not. From a few hours to several weeks, you shall enjoy personalized treatments as well as a cure worthy of ancient Ayurvedic medicine, a stone's throw away from your home! But that is not all: in addition to the treatments, massages, Yoga classes, meditation, Ayurvedic Center Marie de Bourgogne offers strolls in the vineyards of Burgundy and a whole range of activities that will enable you to refocus on the essential: yourself!

An Ayurvedic Cure in France, but much more!

Ayurvedic cures appeared in India, in the Kerala region, birthplace of Ayurvedic medicine. Nowadays, Ayurveda has been officially recognized by the World Health Organization since 1982 as a true treatment and health method. That is why we propose you unique Ayurvedic stays that you will be able to experience on your doorstep, while being monitored by professionals born in India or properly trained. Loyal to our tradition of Hospitality, Hotel le Cep***** will offer you a wide palette of complementary experiences, such as Yoga courses, Meditation, Ayurvedic meals along with advice for a healthy lifestyle, while being still able to explore Burgundian Culture!

All the ingredients are gathered to allow you to have an unforgettable and exotic Ayurvedic stay!

We passionately look forward to seeing you!



Namaste!

Jean-Claude BERNARD

General Manager – Owner

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