

Hôtel du Couvent
Nice, France

CHILDREN AT THE CONVENT

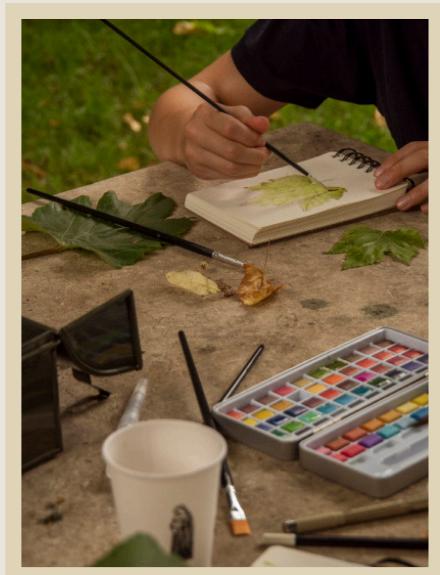
PROGRAM



*Children's activities, lunches and snacks included for hotel guests.
Supervised by certified activity leaders.
For details and registration, please contact the Concierge.*

Hôtel du Couvent
Nice, France

CHILDREN AT THE CONVENT



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Saturday, February 21st

10 a.m	Welcoming children & parents
10:30 - 12 a.m	Photography workshop <i>Get ready for an exciting adventure where every photo you take brings you closer to success! The photo adventure is a real treasure hunt... with a camera as your compass! As a team, explore unique locations and uncover hidden details all around you.</i>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	Expression games <i>Step into a world where imagination comes to life! Through these expression games, children will become true actors, mimes, and storytellers.</i>
2 - 3 p.m	Treasure hunt <i>The young explorers of the Convent embark on an exciting quest to find a hidden treasure. Riddles, discoveries, and adventure will guide them through this historic place. Who will uncover its secrets?</i>
3 - 4 p.m	Creative workshop <i>A creative session where each child crafts their own dreamcatcher, inspired by the energy and colors of the Carnival. A special keepsake to take home!</i>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	Yoga & Meditation <i>A well-being moment designed just for them. Through fun postures, breathing exercises, and relaxation, children will learn to focus and channel their energy in a gentle, playful way. A peaceful break to reconnect with themselves.</i>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Sunday, February 22nd

10 a.m	Welcoming children & parents
10:30 - 12 a.m	Great game <i>Dive into the heart of an ancient convent steeped in history for a mysterious and captivating adventure! This immersive game of exploration and riddles will take you on a journey through time, uncovering well-kept secrets at every turn...</i>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	My herbarium <i>In the gardens of the Convent, little botanists will explore the surrounding flora. After gathering leaves, flowers, and plants, they will create their own herbarium in a dedicated notebook to take home. The perfect opportunity to learn more about nature!</i>
2 - 3 p.m	Floral workshop <i>A floral arrangement workshop where children will learn to create beautiful dried bouquets with the Convent's florist.</i>
3 - 4 p.m	Expression games <i>Get ready for an adventure filled with laughter, creativity, and imagination! In this activity, children will become true little actors.</i>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	Free dance & Stretching at the Movement Studio <i>Move freely while having fun! Through dance and movement, children express their creativity without imposed choreography, following their own rhythm. Guided stretching moments will help them develop flexibility and relax at the end of the session.</i>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Monday, February 23rd

10 a.m	Welcoming children & parents
10:30 - 12 a.m	<p>Dance</p> <p><i>To the sounds of world music, children will have the opportunity to explore different musical styles while developing their coordination, sense of rhythm, and creativity. They will discover dance moves and sequences to create original choreographies.</i></p>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	<p>Storytelling walk</p> <p><i>Children will be transported into a magical world on this walk through the secret paths and enchanted gardens of an ancient convent. At each stop, a new legend will come to life through captivating tales and interactive performances.</i></p>
2 - 3 p.m	<p>Mask making</p> <p><i>In this activity, children will discover the art of Carnival masks and create their own masterpiece. With bright colors, glitter, feathers, and patterns, everyone will have the chance to let their imagination run wild and design a unique and original mask.</i></p>
3 - 4 p.m	<p>Cooking workshop</p> <p><i>Young aspiring chefs will learn to prepare a delicious, seasonal Niçoise recipe: the Barbajuans of the Convent. Guided by a passionate chef, they will discover the basics of cooking while having fun mixing, baking, and decorating their creations. Ready for the tasting?</i></p>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	<p>Yoga & Meditation</p> <p><i>A well-being moment designed just for them. Through fun postures, breathing exercises, and relaxation, they will learn to focus and channel their energy in a gentle and playful way. A peaceful moment to reconnect with themselves.</i></p>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Tuesday, February 24th

10 a.m	Welcoming children & parents
10:30 - 12 a.m	<p>Bakery workshop</p> <p><i>Kneading dough, watching the sourdough rise, and baking golden, fluffy brioche—young bakers at the Convent will dive into the world of bread while unleashing their creativity.</i></p>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	<p>Carnival stories from around the world</p> <p><i>Children will discover the fascinating traditions and incredible stories from Carnivals around the world: from the spectacular Carnival of Rio to the mysterious Carnival of Venice, and the vibrant celebrations of the Caribbean... Each story will transport young travelers into a world of festivities, costumes, and music.</i></p>
2 - 3 p.m	<p>Creative workshop</p> <p><i>Colors, shapes, and fabrics—scissors will glide along the materials to create a range of imaginative shapes and designs.</i></p>
3 - 4 p.m	<p>Costume making</p> <p><i>A unique workshop where each child can create their own magical cape! Guided by their imagination and creativity, they will have the chance to express their personality through shapes cut from colorful fabrics. Inspired by the world of Pangeaaa, they will craft their own costumes, with each creation becoming a unique work of art.</i></p>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	<p>Free dance & Stretching at the Movement Studio</p> <p><i>Move freely while having fun. Through dance and movement, children express their creativity without any imposed choreography, following their own rhythm. Guided stretching sessions will help them develop flexibility and relax at the end of the session.</i></p>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Wednesday, February 25th

10 a.m	Welcoming children & parents
10:30 - 12 a.m	<p>In search of Harlequin</p> <p><i>Harlequin, the mischievous Carnival character, has disappeared! Children will embark on a search for him, tackling fun challenges, mysterious riddles, and group tasks. Through games of skill, riddles, and hidden clues, each step will bring them closer to their goal: to find Harlequin and bring the celebration back to life!</i></p>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	<p>Fairy tale characters workshop</p> <p><i>Paper, scissors, and creativity... In this workshop, children will discover the magical art of shadow puppetry by creating their own characters from cut-out silhouettes. They will bring fairy-tale stories to life.</i></p>
2 - 3 p.m	<p>Shadow theater</p> <p><i>The curtain rises, and the magic unfolds. The shadow theater is revealed, with the characters and sets made during the afternoon coming to life to take children on enchanting journeys.</i></p>
3 - 4 p.m	<p>Pastry workshop</p> <p><i>Young pastry chefs will learn to make a simple and delicious recipe. Guided by a passionate chef, they will discover the basics of pastry while having fun mixing, kneading, and decorating their creations.</i></p>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	<p>Yoga & Meditation</p> <p><i>A well-being moment designed just for them. Through fun postures, breathing exercises, and relaxation moments, they will learn to focus and channel their energy in a gentle, playful way. A peaceful time to reconnect with themselves.</i></p>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Thursday, February 26th

10 a.m	Welcoming children & parents
10:30 - 12 a.m	<p>Herb picking & vegetable garden</p> <p><i>During this walk through the Convent's gardens, children will explore the vegetable and herb gardens. Guided by an instructor, they will discover seasonal vegetables and pick fragrant herbs. By crumpling the leaves, they will release delightful scents and learn how to use these plants in cooking and for health.</i></p> <p><i>A sensory experience that will spark their curiosity about the plant world!</i></p>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	<p>Storytelling walk</p> <p><i>Children will be transported into a magical world during this walk through the secret pathways and enchanted gardens of an ancient convent.</i></p> <p><i>At each stop, a new legend will come to life through captivating stories and interactive performances.</i></p>
2 - 3 p.m	<p>Winter seedlings</p> <p><i>Planting, digging, and watering...</i></p> <p><i>Yesterday's little artists will be tomorrow's horticulturists.</i></p> <p><i>Children will learn to cultivate their garden by planting flowers, vegetables, and herbs.</i></p>
3 - 4 p.m	<p>Floral mural</p> <p><i>Together, the young artists of the Convent will let their imagination run wild as they create a beautiful collective mural inspired by artists Matisse and Viallat.</i></p> <p><i>Painting, shapes, colors, and textures will come together in this large-scale work of art.</i></p>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	<p>Free dance & Stretching at the Movement Studio</p> <p><i>Move freely while having fun. Through dance and movement, children will express their creativity without imposed choreography, following their own rhythm.</i></p> <p><i>Guided stretching moments will help them develop flexibility and relax at the end of the session.</i></p>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Friday, February 27th

10 a.m	Welcoming children & parents
10:30 - 12 a.m	Birds of the Convent <i>Children will embark on a playful exploration to learn how to recognize the birds around them. Through games, challenges, and interactive activities, they will discover different bird species, their habitats, and the fascinating behaviors that define them.</i>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	Birdhouses <i>Children will learn to build and decorate their own birdhouses. At the end of the workshop, each child will take home a birdhouse that they can either place in the Convent's gardens or bring home.</i>
2 - 3 p.m	Photography workshop <i>These young explorers, equipped with cameras, will be tasked with capturing the most beautiful bird species found at the Convent. They'll need to be quiet, patient, and blend in to observe nature and appreciate the wildlife around them.</i>
3 - 4 p.m	Young herbalists <i>A workshop that plunges children into the fascinating world of medicinal and aromatic plants. Guided by the Convent's herbalist, they will learn to recognize various herbs, their properties, and uses. Through fun and sensory activities, children will explore the colors, scents, and textures of the plants.</i>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	Yoga & Meditation <i>A well-being moment designed just for them. Through fun postures, breathing exercises, and relaxation moments, they will learn to focus and channel their energy in a gentle and playful way. A peaceful time to reconnect with themselves.</i>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Saturday, February 28th

10 a.m	Welcoming children & parents
10:30 - 12 a.m	Photography workshop <i>Get ready for an exciting adventure where every photo you take brings you closer to success! The photo adventure is a real treasure hunt... with a camera as your compass! As a team, explore unique locations and uncover hidden details all around you.</i>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	Expression games <i>Step into a world where imagination comes to life! Through these expression games, children will become true actors, mimes, and storytellers.</i>
2 - 3 p.m	Treasure hunt <i>The young explorers of the Convent embark on an exciting quest to find a hidden treasure. Riddles, discoveries, and adventure will guide them through this historic place. Who will uncover its secrets?</i>
3 - 4 p.m	Creative workshop <i>A creative session where each child crafts their own dreamcatcher, inspired by the energy and colors of the Carnival. A special keepsake to take home!</i>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	Yoga & Meditation <i>A well-being moment designed just for them. Through fun postures, breathing exercises, and relaxation, children will learn to focus and channel their energy in a gentle, playful way. A peaceful break to reconnect with themselves.</i>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Sunday, March 1st

10 a.m	Welcoming children & parents
10:30 - 12 a.m	<p>Creative workshop</p> <p><i>The little botanists of the Convent will begin their adventure at the herbarium workshop with this first step: unleashing their creativity by personalizing it with a beautiful blend of natural elements and artistic touches.</i></p>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	<p>My herbarium</p> <p><i>In the gardens of the Convent, little botanists will explore the surrounding flora. After gathering leaves, flowers, and plants, they will create their own herbarium in a dedicated notebook to take home.</i></p> <p><i>The perfect opportunity to learn more about nature!</i></p>
2 - 3 p.m	<p>Floral workshop</p> <p><i>A floral arrangement workshop where children will learn to create beautiful dried bouquets with the Convent's florist.</i></p>
3 - 4 p.m	<p>Expression games</p> <p><i>Get ready for an adventure filled with laughter, creativity, and imagination!</i></p> <p><i>In this activity, children will become true little actors.</i></p>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	<p>Free dance & Stretching at the Movement Studio</p> <p><i>Move freely while having fun! Through dance and movement, children express their creativity without imposed choreography, following their own rhythm.</i></p> <p><i>Guided stretching moments will help them develop flexibility and relax at the end of the session.</i></p>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Monday, March 2nd

10 a.m. Welcoming children & parents

10:30 - 12 a.m **Costume making**
A unique workshop where each child can create their own magical cape! Guided by their imagination and creativity, they will have the chance to express their personality through shapes cut from colorful fabrics. Inspired by the world of Pangeaaa, they will craft their own costumes, with each creation becoming a unique work of art.

1 - 1:30 p.m Welcoming children & parents

2 - 3 p.m Mask making

In this activity, children will discover the art of Carnival masks and create their own masterpiece. With bright colors, glitter, feathers, and patterns, everyone will have the chance to let their imagination run wild and design a unique and original mask.

3 - 4 p.m **Cooking workshop**
Young aspiring chefs will learn to prepare a delicious, seasonal Niçoise recipe: the Barbajans of the Convent. Guided by a passionate chef, they will discover the basics of cooking while having fun mixing, baking, and decorating their creations. Ready for the tasting?

4 - 4:30 p.m Snack time

4:30 - 5 p.m **Yoga & Meditation**
A well-being moment designed just for them.
Through fun postures, breathing exercises, and relaxation, they will learn to focus and channel their energy in a gentle and playful way.
A peaceful moment to reconnect with themselves.

5 p.m. End of the day



Hôtel du Couvent *Nice, France*

THE CHILDREN AT THE CONVENT PROGRAM

Tuesday, March 3rd

10 a.m	Welcoming children & parents
10:30 - 12 a.m	Great game <i>Dive into the heart of an ancient convent steeped in history for a mysterious and captivating adventure! This immersive game of exploration and riddles will take you on a journey through time, uncovering well-kept secrets at every turn...</i>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	Carnival stories from around the world <i>Children will discover the fascinating traditions and incredible stories from Carnivals around the world: from the spectacular Carnival of Rio to the mysterious Carnival of Venice, and the vibrant celebrations of the Caribbean... Each story will transport young travelers into a world of festivities, costumes, and music.</i>
2 - 3 p.m	Creative workshop <i>Colors, shapes, and fabrics—scissors will glide along the materials to create a range of imaginative shapes and designs.</i>
3 - 4 p.m	Pastry workshop <i>Young pastry chefs will learn to make a simple and delicious recipe. Guided by a passionate chef, they will discover the basics of pastry while having fun mixing, kneading, and decorating their creations.</i>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	Free dance & Stretching at the Movement Studio <i>Move freely while having fun. Through dance and movement, children express their creativity without any imposed choreography, following their own rhythm. Guided stretching sessions will help them develop flexibility and relax at the end of the session.</i>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Wednesday, March 4th

10 a.m	Welcoming children & parents
10:30 - 12 a.m	<p>Bakery workshop</p> <p><i>Kneading dough, watching the sourdough rise, and making golden, fluffy brioches the young bakers of the Convent will discover the world of bread while letting their creativity flow.</i></p>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	<p>Fairy tale characters workshop</p> <p><i>Paper, scissors, and creativity... In this workshop, children will discover the magical art of shadow puppetry by creating their own characters from cut-out silhouettes. They will bring fairy-tale stories to life.</i></p>
2 - 3 p.m	<p>Shadow theater</p> <p><i>The curtain rises, and the magic unfolds. The shadow theater is revealed, with the characters and sets made during the afternoon coming to life to take children on enchanting journeys.</i></p>
3 - 4 p.m	<p>Dance</p> <p><i>To the sounds of world music, children will have the opportunity to explore different musical styles while developing their coordination, sense of rhythm, and creativity. They will discover dance moves and sequences to create original choreographies.</i></p>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	<p>Yoga & Meditation</p> <p><i>A well-being moment designed just for them. Through fun postures, breathing exercises, and relaxation moments, they will learn to focus and channel their energy in a gentle, playful way. A peaceful time to reconnect with themselves.</i></p>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Thursday, March 5th

10 a.m	Welcoming children & parents
10:30 - 12 a.m	<p>Herb picking & vegetable garden</p> <p><i>During this walk through the Convent's gardens, children will explore the vegetable and herb gardens. Guided by an instructor, they will discover seasonal vegetables and pick fragrant herbs. By crumpling the leaves, they will release delightful scents and learn how to use these plants in cooking and for health.</i></p> <p><i>A sensory experience that will spark their curiosity about the plant world!</i></p>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	<p>Storytelling walk</p> <p><i>Children will be transported into a magical world during this walk through the secret pathways and enchanted gardens of an ancient convent.</i></p> <p><i>At each stop, a new legend will come to life through captivating stories and interactive performances.</i></p>
2 - 3 p.m	<p>Winter seedlings</p> <p><i>Planting, digging, and watering...</i></p> <p><i>Yesterday's little artists will be tomorrow's horticulturists.</i></p> <p><i>Children will learn to cultivate their garden by planting flowers, vegetables, and herbs.</i></p>
3 - 4 p.m	<p>Floral mural</p> <p><i>Together, the young artists of the Convent will let their imagination run wild as they create a beautiful collective mural inspired by artists Matisse and Viallat.</i></p> <p><i>Painting, shapes, colors, and textures will come together in this large-scale work of art.</i></p>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	<p>Free dance & Stretching at the Movement Studio</p> <p><i>Move freely while having fun. Through dance and movement, children will express their creativity without imposed choreography, following their own rhythm.</i></p> <p><i>Guided stretching moments will help them develop flexibility and relax at the end of the session.</i></p>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Friday, March 6th

10 a.m	Welcoming children & parents
10:30 - 12 a.m	Birds of the Convent <i>Children will embark on a playful exploration to learn how to recognize the birds around them. Through games, challenges, and interactive activities, they will discover different bird species, their habitats, and the fascinating behaviors that define them.</i>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	Birdhouses <i>Children will learn to build and decorate their own birdhouses. At the end of the workshop, each child will take home a birdhouse that they can either place in the Convent's gardens or bring home.</i>
2 - 3 p.m	Photography workshop <i>These young explorers, equipped with cameras, will be tasked with capturing the most beautiful bird species found at the Convent. They'll need to be quiet, patient, and blend in to observe nature and appreciate the wildlife around them.</i>
3 - 4 p.m	Young herbalists <i>A workshop that plunges children into the fascinating world of medicinal and aromatic plants. Guided by the Convent's herbalist, they will learn to recognize various herbs, their properties, and uses. Through fun and sensory activities, children will explore the colors, scents, and textures of the plants.</i>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	Yoga & Meditation <i>A well-being moment designed just for them. Through fun postures, breathing exercises, and relaxation moments, they will learn to focus and channel their energy in a gentle and playful way. A peaceful time to reconnect with themselves.</i>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Saturday, March 7th

10 a.m	Welcoming children & parents
10:30 - 12 a.m	<p>Storytelling walk</p> <p><i>Children will be transported into a magical world on this walk through the secret paths and enchanted gardens of an ancient convent.</i></p> <p><i>At each stop, a new legend will come to life through captivating tales and interactive performances.</i></p>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	<p>Expression games</p> <p><i>Step into a world where imagination comes to life!</i></p> <p><i>Through these expression games, children will become true actors, mimes, and storytellers.</i></p>
2 - 3 p.m	<p>Treasure hunt</p> <p><i>The young explorers of the Convent embark on an exciting quest to find a hidden treasure. Riddles, discoveries, and adventure will guide them through this historic place. Who will uncover its secrets?</i></p>
3 - 4 p.m	<p>Creative workshop</p> <p><i>A creative session where each child crafts their own dreamcatcher, inspired by the energy and colors of the Carnival. A special keepsake to take home!</i></p>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	<p>Yoga & Meditation</p> <p><i>A well-being moment designed just for them.</i></p> <p><i>Through fun postures, breathing exercises, and relaxation, children will learn to focus and channel their energy in a gentle, playful way.</i></p> <p><i>A peaceful break to reconnect with themselves.</i></p>
5 p.m	End of the day



Hôtel du Couvent *Nice, France*

CHILDREN AT THE CONVENT

PROGRAM

Sunday, March 8th

10 a.m	Welcoming children & parents
10:30 - 12 a.m	<p>Dance</p> <p><i>Children will explore movements and sequences set to various types of music while developing their coordination, sense of rhythm, and creativity. To the sound of world music, they will have the chance to explore different dance styles and create original choreographies.</i></p>
12 a.m - 1 p.m	Lunch
1 - 1:30 p.m	Welcoming children & parents
1:30 - 2 p.m	<p>My herbarium</p> <p><i>In the gardens of the Convent, little botanists will explore the surrounding flora. After gathering leaves, flowers, and plants, they will create their own herbarium in a dedicated notebook to take home. The perfect opportunity to learn more about nature!</i></p>
2 - 3 p.m	<p>Floral workshop</p> <p><i>A floral arrangement workshop where children will learn to create beautiful dried bouquets with the Convent's florist.</i></p>
3 - 4 p.m	<p>Expression games</p> <p><i>Get ready for an adventure filled with laughter, creativity, and imagination! In this activity, children will become true little actors.</i></p>
4 - 4:30 p.m	Snack time
4:30 - 5 p.m	<p>Free dance & Stretching at the Movement Studio</p> <p><i>Move freely while having fun! Through dance and movement, children express their creativity without imposed choreography, following their own rhythm. Guided stretching moments will help them develop flexibility and relax at the end of the session.</i></p>
5 p.m	End of the day



Hôtel du Couvent
Nice, France



A LUXURY COLLECTION HOTEL
hotelducouvent.com @hotelducouvent
1 rue Honoré Ugo – 06300 Nice, France