



SURRENNE
RETREATS

⁰³ WELCOME
TO SURRENNE

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RETREATS

¹² SAMPLE
PROGRAMME

¹⁶ WELLNESS
PIONEERS

³⁰ HOW TO BOOK

SURRENNE IS AN INVESTMENT
INTO YOUR HOLISTIC WELLBEING,
AND AN EXPLORATION OF
BOUNDLESS WONDER

Step into a new era of experiential wellbeing where genuine transformation unfolds through modern ritual, and the mind, body and soul elevate to extraordinary heights.

At Surrenne, we seamlessly blend the wonders of the earth, advancements in modern science, and cutting-edge treatments to provide a holistic approach to emotional wellbeing and physical health, sparking wonder and cultivating true longevity.



Surrenne invites you to experience our pioneering approach to longevity and wellbeing, in the form of truly otherworldly location retreats. Our philosophy is built on the seamless integration of science, nature and connection, and during your time with us, your wellbeing journey will unfold in three stages: Ground, Recharge, and Regenerate.

Grounding encourages stillness and connection to the self and your environment through mindful breathwork, movement and nourishment.

The next phase is Recharge, an invitation to replenish both body and mind. Guided coastal walks, cold-water immersion and moments of rest will harmonise energy and awareness, complemented by insight from our experts.

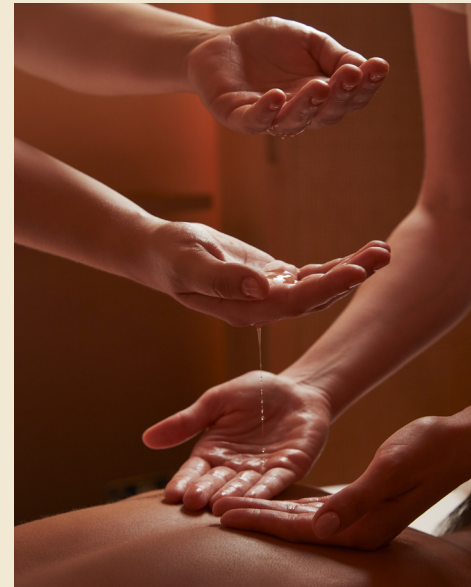
Finally, it's time to Regenerate, emerging with clarity and strength. Through closing breathwork and meditation, you can look ahead, fortified with inspiration to integrate new practices into your everyday life.



DISCOVER NEW WORLDS OF WONDER

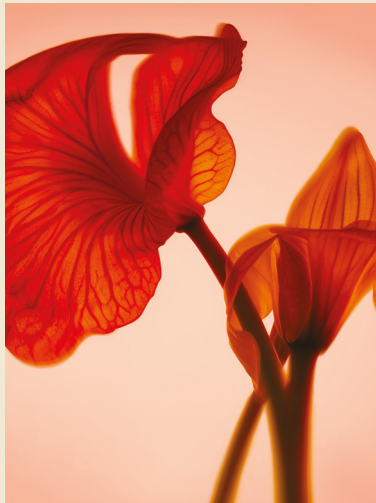
Surrenne Belgravia, located beneath The Emory hotel in London is the perfect place to seek solace from the hustle and bustle of city life. From serene treatment sanctuaries and wellness spaces, to a breathtaking sky-lit pool, each detail is designed to delight the senses.

Surrenne Riviera at The Maybourne Riviera is a coastal sanctuary, drawing on the elemental power of water to uplift, cleanse and heal. Here, inner stillness and outer radiance flow together, in cadence with the tide.





SAMPLE PROGRAMME



FRIDAY

Embark on an awe-inspiring journey

- 5.30pm Welcome ceremony
- 6.30pm Opening dinner

SATURDAY - *Ground*

Modern rituals that awaken true transformation

- 8am Mindful coastal walk, somatic shakeout and cold immersion (sea swim)
- 9.30am Breakfast on the beach
- 11.30am Lagree Fitness class
- 1.30pm Lunch
- 3pm Body Composition and Functional Movement Analysis
- 4.30pm The Ultimate Sculpting and Draining Massage
- 6.30pm Dinner
- 8pm Yoga Nidra

SUNDAY - *Recharge*

Unveil new worlds within and around you

- 8am Breathwork, followed by contrast therapy circuit
- 9.30am Breakfast
- 11.30am Functional fitness class
- 1.30pm Lunch, with a talk by Dr Liza Osagie-Clouard
- 3pm Nutrition consultation with Rose Ferguson
- 4.30pm Biologique Recherche Bespoke Facial
- 6.30pm Dinner
- 8pm Guided sound bath

MONDAY - *Regenerate*

Elevate your wellbeing to unparalleled heights

- 7am Sunrise yoga with guided meditation
- 8.30am Breakfast
- 10am (Optional) Stretching class
- Depart at leisure

PIONEERS

OF MODERN

WELLNESS

ALLOW OUR EXPERTS TO GUIDE YOU TOWARDS REJUVENATION

OUR EXPERTS

Pioneering medical care, delivered with luxury; Surrenne's approach celebrates conversation over consultations, elevating every aspect of your holistic health.

Our medical services are conducted in partnership with SOLICE Health. At the helm of the medical team stand two of the most respected figures in private medicine: Dr Liza Osagie-Clouard and Dr Tim Evans. Their combined approach defines the Surrenne healthcare standard.





EMBARK ON

AN AWE

INSPIRING

JOURNEY

To make a booking for one of our upcoming retreats please follow the QR code below. For any assistance with retreats, please contact reservations-riviera@surrenne.com.

