

PROVENCE WELLNESS RETREAT

Meet the Key Experts

Yannis & Eva

CHÂTEAU DE BERNE · 5-8 NOVEMBER 2026



Yannis Odru is the founder of Holistic Health, a wellness company based in Monaco and operating across the French Riviera and worldwide.

A former member of the French National Acrobatic Gymnastics Team, he combined his experience in elite sport with studies in nutrition, health, and exercise, while also becoming a sound healing practitioner.

Today, he designs and delivers personalized wellness experiences for private clients, companies, hospitality partners, and international brands. By bringing together a trusted network of wellness professionals, he creates tailored experiences focused on performance, recovery, and longevity.



“The greatest investment you'll ever make is in your health.”





YOGA · BREATHWORK · ENERGY HEALING

Eva

Guiding you back to yourself

Eva has been sharing her practice for over 16 years through yoga classes, retreats and private offerings that honour each individual's unique journey — yoga, breathwork, Reiki, sound baths, intuitive massage, cacao ceremonies, walking meditations and Compassionate Inquiry® sessions. Through these practices, she creates safe spaces where people can slow down, reconnect, and experience meaningful transformation.

“Healing is not about becoming someone else — it is about remembering who we truly are.”





YOUR GUIDES FOR THIS RETREAT

Two practices, one shared intention: to help you reset.

Together, Yannis and Eva bring movement, recovery, breathwork and sound healing into one seamless experience — designed to help you slow down, reconnect, and leave feeling truly restored.