

Welcome  
to

CONTORTURE® +  
Career & Confidence  
Coaching  
au Château



**JONATHAN NOSAN**

YOUR CONTORTURE MASTER  
TRAINER.



**GAELLE DESCHAMPS**

YOUR HOST  
& CONFIDENCE COACH.

6-12<sup>th</sup> May 2024



**WORLD PREMIERE - ONCE IN A LIFETIME OPPORTUNITY**  
**Unlike any other teacher training 6-12<sup>th</sup> May 2024**

## CONTORTURE® + *Career & Confidence Coaching* au Château Loire Valley, France

**Step up** with this unique **teacher training programme**

- 7-day, 6-night intensive programme with inspiring world-class coaches in the stunning Château de Vezins in the Loire Valley, France
- 20 Hours of CONTORTURE® including 1 private one hour 1-1 session and daily masterclass and teacher training with Jonathan Nosan
- 15 hours of Confidence boosting, Career Coaching and Group Workshops with Gaëlle Deschamps
- All inclusive: exclusive access to the Château, fabulous bedrooms, delicious food, gala dinner, all workshops
- Optional professional photo session for your Social Media / Marketing



**JONATHAN NOSAN**

YOUR **CONTORTURE MASTER**  
**TRAINER.**

Internationally renowned Contortionist and Coach, Jonathan has designed this unique intensive teacher training unlike any other. Whether you are a yoga teacher, thinking of becoming a teacher, circus professional or a beginner keen to learn and stretch yourself, it will provide you with the fundamentals for properly engaging in back bending, Inversions with "Hand Geography" awareness to form a Multi-Brain Body.

Jonathan's method of training muscles for movement takes the strain and pain out of the back to stabilize and drive from the core and hips, a process of "Back bending from the Front". Through a unique breathing technique, you can create a lower back release and establish new total body connections driven by Smartened Abs and the Secret of the Psoas (hip flexors).

This training will take you where Jonathan Nosan has been going for 25 years as a Contortionist. Three years Contortion Training with Master Lu Yi, San Francisco, two years of Butoh training in Kyoto (Katsura Kan), Physical Theatre in London (Ph. Gaulier), Yoga and Meditation from Berkeley and around the world, Jonathan's work blurs genres through a focused precision and his training and teaching technique brings a fun lightness while exploring and opening those dark and pseudo scary places that with the right guide are actually amazing and intoxicating. He is the creator of the CONTORTURE® video course.



**GAELLE DESCHAMPS**

YOUR **HOST & CONFIDENCE COACH.**

Gaëlle has over 20 years' experience with Global world-class companies, where she specialised in Leadership, Training, Facilitation and Executive Coaching. She was a Global Faculty member of the Coca-Cola University, which trains over 86,000 employees.

Gaëlle's energy is contagious, combining a high dose of positivity with a can-do attitude. She possesses great charisma, strong interpersonal skills and has built many fruitful multi-cultural relationships internationally.

She is the founder of G Force, [www.gforceco.co.uk](http://www.gforceco.co.uk), designer of the Art of Confidence© programme, a certified coach and published author. Together with her husband, they own the Château de Vezins. She will be leading The Art of Confidence© workshops and evening activities.

**For information and registrations: contact [gaelle@gforceco.co.uk](mailto:gaelle@gforceco.co.uk)**



# *An extraordinary place*



A holistic programme for your mind, body and soul





AN EXTRAORDINARY SETTING



4 HECTARES TO ROAM FREE



A RETREAT FOR YOUR MIND, BODY AND SOUL

TAKE YOUR PRACTICE TO THE NEXT LEVEL



RECONNECT TO YOURSELF AND YOUR DREAMS





CONTORTURE® +  
*Career & Confidence Coaching*  
au Château 6-12<sup>th</sup> May 2024

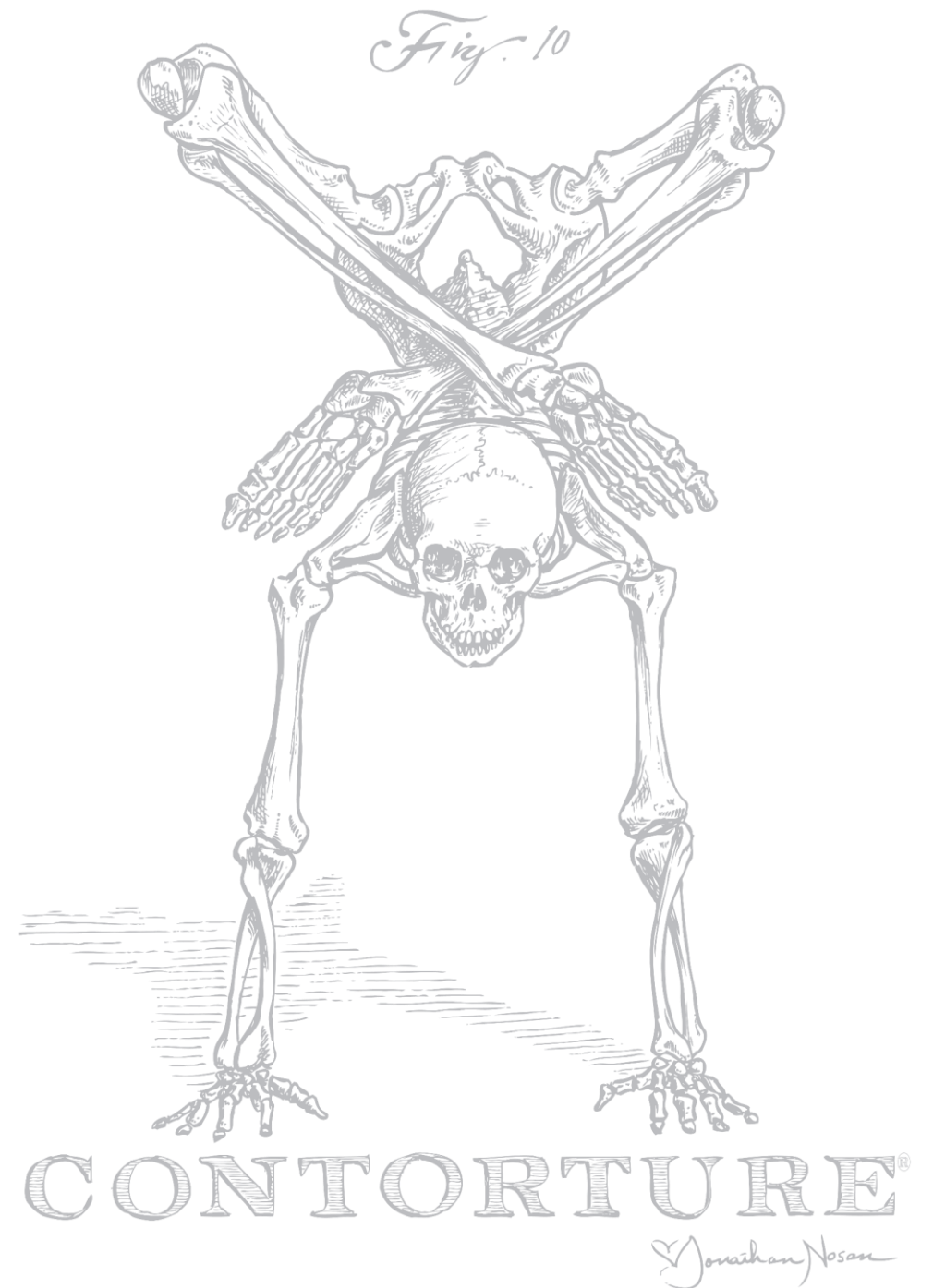


“Thank you for a beyond magical and special week.

Truly. Life-changing.”

Andrea, NYC, 2023 participant

© eva mueller



# CONTORTURE® + *Career & Confidence Coaching* au Château

## What's included:

- A unique opportunity to spend 7 days/6 nights with world-class talents, coaches and leaders in their fields
- Extra-ordinary accommodation in beautifully renovated bedrooms in the Château, all South facing, with breath-taking views over the French Gardens. Each bedroom has its own identity and style with period décor and antiques
- Exclusive access to the entire Château de Vezins, 4 hectares of gardens, gym, jacuzzi and sauna
- All workshops and classes, group discussions, personal tasks, journaling, transformational activities
- 20 Hours of CONTORTURE® including a private one hour 1-1 session and daily masterclass and teacher training with Jonathan Nosan
- Co-leading a CONTORTURE® for local people
- Taking part in a CONTORTURE® show open to local people (3-5 min flow for each participant)
- 15 hours of The Art of Confidence© Group Coaching and Workshops with Gaëlle Deschamps
- Healthy, nutritious and well-balanced food, snacks and non-alcoholic drinks, lovingly prepared by our onsite cook
- A Gala dinner
- Coaching book and journal
- Certificate of course completion

## Optional:

- A professional photoshoot at the Château, including all digital files, to capture your new confident self and doing the Contorture poses. Great for your social media and marketing (extra £200)
- Tour of the Loire / Castle visit / wine tasting
- An evening show in Saumur

## Not included:

- Flights, insurance and transfer

	Monday 6 <sup>th</sup> May	Tuesday 7 <sup>th</sup> May	Wed 8 <sup>th</sup> May	Thursday 9 <sup>th</sup> May	Friday 10 <sup>th</sup> May	Saturday 11 <sup>th</sup> May	Sunday 12 <sup>th</sup> May
8.30-9am	Breakfast						
9am-11am		J's masterclass & CONTORTURE <sup>®</sup> Teacher Training	J's masterclass & CONTORTURE <sup>®</sup> Teacher Training	J's masterclass & CONTORTURE <sup>®</sup> Teacher Training	Free time or 1-1 tuitions with Jonathan	J's masterclass and dress rehearsal	J's masterclass open to locals
11am-1pm					CONTORTURE <sup>®</sup> Teacher Training	Career & Confidence Group Coaching	Career & Confidence Group Coaching
13-14pm	Arrivals and check in	Lunch					
14-17pm	Tour of the grounds & Chateau	Career & Confidence Group Coaching	Career & Confidence Group Coaching	Career & Confidence Group Coaching	Career & Confidence Group Coaching	Professional photo shoot	Time off
17-19pm	Career & Confidence Group Coaching	Free time or 1-1 tuitions with Jonathan			Time off Optional Castle visit & Wine Tasting Show in Saumur	And optional extra 1-1 sessions with Jonathan and Gaëlle	Departures
20.30pm	Dinner						
Dinner Dress code	Free	Kintsugi	Gala dinner	Touch of red		Community Show	Option to stay an extra night

# Secure your place now

Use the link below or QR code to pay the non-refundable down payment of £400, the balance is due by the 15<sup>th</sup> of March 2024.

<https://buy.stripe.com/6oE00Wajf64S9Qk4gV>

**Payment plans available** contact us at [gaelle@gforceco.co.uk](mailto:gaelle@gforceco.co.uk)

Limited to 12 places per retreat to ensure intimate and personalized experience. First come first served basis. Note this programme only happens once a year. If we cannot fit you in this cohort, you will go on the waiting list for next year.

Prices exclude: Flights & transfers.

Transport recommendations:

Arrival before 3pm on day 1. Departure anytime after 12pm from the Château on the last day.



Scan to pay

## How to get there



**By Plane:** Nearest airport is Nantes (50 min drive from the Château de Vezins approx. €120 by taxi. Option to rent a car and share the ride between participants.)



**By train:** Nearest train station is Chemillé or Cholet (15 min drive from the Château de Vezins, we can help you organise transfer approx. €40)



**By Car:** 2 rue Nationale, 49 340 Vezins  
Loire Valley  
FRANCE



If Covid-19 prevented you from joining or us from running the event, you will have a voucher to use for the same retreat the following year.



# Packages available - single occupancy

All inclusive packages including 6 nights / 7 days at the Château, 3 meals a day and all workshops.

Our bedrooms are for Queens and Kings, all South facing with breath-taking views over the French Gardens.

They are uniquely decorated, each with their own period décor and antiques. Bedrooms are allocated on a first come first served basis.

Choose between single occupancy (see below) or double occupancy (next page).

Double bed with **single occupancy** rate per person.

**THE GOLD SUITE £2,600**



One of the best bedrooms in the Château. 26m2 bedroom with a 18m2 private balcony. 2mx2m bed, fully renovated bathroom with a bathtub and a large walk-in shower. Louis XIII bedroom shares the bathroom with this room, Jack and Jill equal access.

**THE BLUE SUITE £2,600**



One of the best bedrooms in the Château. 29m2 bedroom with 13m2 ensuite bathroom. Has a stunning gilded four-poster bed 1.6x2m, fully renovated bathroom with a bathtub and a large walk-in shower.

**RED SUITE £2,600**



One of the best bedrooms in the Château. 29m2 bedroom with 13m2 ensuite bathroom, with double walk-in shower (shared with antichambre). Overlooks the Japanese garden.

**WHITE £2,300**



21m2 with 7m2 Ensuite bathroom. White fabrics on all walls and ceiling, giving this room a cosy and cocoon like feeling. Has a desk and a lovely view over the French gardens and flower bed.

**FLOWERS £2,300**



Located on the 2<sup>nd</sup> floor  
21m2 double bedroom.  
Has a walk-in closet.

**SAGE £2,000**



Located on the 2<sup>nd</sup> floor  
Single bed in small single room.

**ANTIC CAR £2,000**



**RED SUITE  
ANTICHAMBRE £2,000**



Located on the first floor, 21 m2 bedroom with single bed, shares the bathroom with the Red Suite.



Apparent wooden beams on the ceiling and a shabby chic décor. Both rooms have access to a small kitchen, a lounge area with sofas, day beds with cosy cushions. The recently renovated shower room, fitted with a large walk-in shower, is shared amongst the bedrooms on the 2<sup>nd</sup> floor.

# Packages available - double occupancy

All inclusive packages including 6 nights / 7 days at the Château, 3 meals a day and all workshops.

Our bedrooms are for Queens and Kings, all South facing with breath-taking views over the French Gardens.

They are uniquely decorated, each with their own period décor and antiques. Bedrooms are allocated on a first come first served basis.

Double bed with **double occupancy** rate per person.

Single bed in **double occupancy** bedroom. Rate per person.

THE GOLD SUITE £2,100



One of the best bedrooms in the Château. 26m2 bedroom with a 18m2 private balcony. 2mx2m bed, fully renovated bathroom with a bathtub and a large walk-in shower. Louis XIII bedroom shares the bathroom with this room, Jack and Jill equal access.

THE BLUE SUITE £2,100



One of the best bedrooms in the Château. 29m2 bedroom with 13m2 Ensuite bathroom. Has a stunning gilded four-poster bed 1.6x2m, fully renovated bathroom with a bathtub and a large walk-in shower.

RED SUITE £2,100



One of the best bedrooms in the Château. 29m2 bedroom with 13m2 ensuite bathroom, with double walk-in shower (shared with antichambre). Overlooks the Japanese garden.

WHITE £1,800



21m2 with 7m2 Ensuite bathroom. White fabrics on all walls and ceiling, giving this room a cosy and cocoon like feeling. Has a desk and a lovely view over the French gardens and flower bed.

FLOWERS £1,800



Located on the 2<sup>nd</sup> floor  
21m2 double bedroom.  
Has a walk-in closet.



Apparent wooden beams on the ceiling and a shabby chic décor. Both rooms have access to a small kitchen, a lounge area with sofas, day beds with cosy cushions. The recently renovated shower room, fitted with a large walk-in shower, is shared amongst the bedrooms on the 2<sup>nd</sup> floor.

BIRDS £2,000



Located on the 2<sup>nd</sup> floor.  
21m2 bedroom with 2  
single beds.

LOUIS XIII £2,000



Located on the first floor. 21 m2 with 2 single Louis XIII original carved poster beds. Dark, moody room with an authentic feel. Louis XIII bedroom shares the bathroom with the Gold Suite, Jack and Jill equal access.



# T&Cs

If you cancel prior to 90 days before the start of the retreat, we will refund 60% of the full fee.

If you cancel between 90 days and 60 days before the first day of the course, we will refund 40% of the full fee.

If you cancel between within less than 60 days before the first day of the course, we cannot offer a refund.

If you arrive late or need to leave the retreat for any reason once it has started, we are unable to offer you a refund or defer your place.

In the unlikely event of extenuating circumstances, the organisers reserve the right to cancel, postpone or change the structure of the retreat at any time.

If the retreat is cancelled prior to the start, it may be rescheduled and if students cannot attend the new date then 100% refunds will be made.