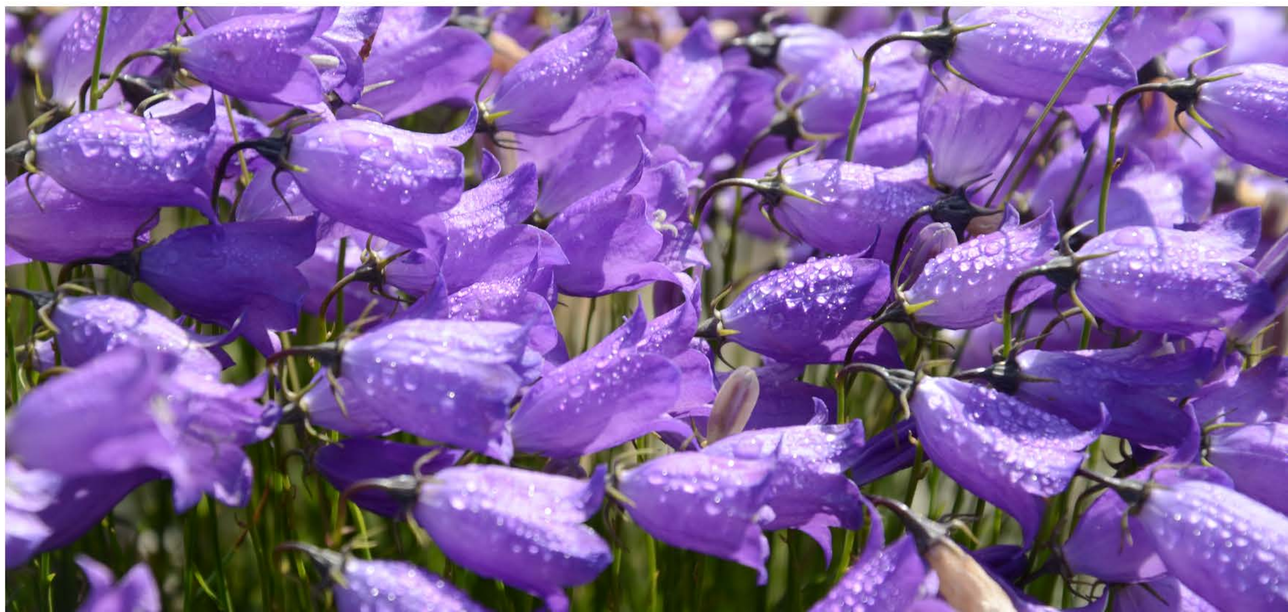
HELI AIR MONACO

YOUR HELICOPTER AIRLINE SINCE 1976

HELI ZEN : *Pacify your mind and release from your stress*



HELI ZEN

Le Coulet

Combine the helicopter with an authentic day in Nice's backcountry (arrière pays Niçois).

Rediscover your mental and physical well-being in a natural area preserved for a magnificent moment of Meditation and Relaxation of the body.

INCLUDED :

- *Helicopter round trip from Monaco, Cannes or Nice.*
- *Free shuttle with private driver between the helipad and your accommodation (in Monaco and Cannes).*
- *Lunch available on request (additional charge)*
- *Helicopter waiting time free.*
- *Reservation available 7 days a week.*

HELI ZEN

Program

10h00 : Helicopter departure*

Direction Saint Martin Vesubie,
a 20 mn unforgettable ride above the Mercantour valley.

10h30 : Happy Breakfast & Workshop

Meditation, senses awakening in nature.
Breathing techniques, posture,
visualisation and cognitive relaxation techniques

13h00 : Lunch

14h00 : Quiet Break & Workshop

Towards a true balance between Mind and Body.

17h30 : Return helicopter

Landing back 6.00pm

** Departure and return possibles from Monaco, Cannes & Nice.*

LUNCH

item may differ from photograph

«Wellness Basket» menu

On this day focused on your mental and physical well-being,
Héli Air Monaco recommends a detox lunch.
(This will be developed according to your dietary restrictions when you book).

- *Vegetal mene*
  0% Complex, Gluten & Lactose
- *A healthy diet*
  with gourmet foods' choice

MENU : Wellness Basket

(vegetarian)

10h30 : Healthy Breakfast

Smoothie : vegetal milk, Romy's strawberries &fresh mint

Romy's strawberry salad

*Financiers**

13h00 Vitality Lunch

Fuits juice and fresh vegetables

Vegetable plate (quinoa, vegetable, spread, vegetables, raw vegetables and sprouted seeds)

Vegan chocolate mousse.

16h30 : Quiet Break

*Chestnut fondant cake**

*Financiers**

Eat Juice
DETOX YOUR LIFE

**All pastries are done made from chestnut flour and rice. Gluten free*

WELL-BEING &
PERSONAL DEVELOPMENT

BREATHING & MEDITATING

WORKSHOPS

Knowing our Strengths and Weaknesses.
owards a true balance between Mind & Body.
Discussions and Individual Sessions

Aryadeva
CONSEIL

COGNITIVE METHODS
FOR RELAXATION

SENSES AWAKENING
IN THE HEART OF NATURE

WELL-BEING & PERSONAL DEVELOPMENT

Knowing who we are is an essential part
of self-evolution.
Stepping away from our emotions
allows us to see our true-self;
in full trust, self-reliance and creativity
The goal is to orient towards accrued consciousness,
spontaneity and authenticity

BREATHING & MEDITATING

Meditation practices paired with
specific breathing techniques allow for an accurate
management of our emotions leading
to mental alignment .
To be in an appropriate, authentic
and defined relationship with the other.

COGNITIVE METHODS FOR RELAXATION

Visualisation and postures
These techniques help alleviate physical tensions
from our body and re-balance subtle mental energies.
Working on positive thinking,
key behaviors and repeat gestures.

SENSES AWAKENING IN THE HEART OF NATURE

See, Listen, Touch, Feel, Taste

Be fully present in the « Here and Now »
Live our Reality as it is,
without filter, without alterations...

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