



## PRESS RELEASE

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### **Paris Aéroport will be laying on yoga classes for passengers in its boarding lounges**

During peak holiday departure weekends, Paris Aéroport is particularly attentive to the well-being of its passengers. This year, everyone will be able to relax in a unique way while waiting for their flight thanks to free Yoga Nidra classes in the Paris-Charles de Gaulle and Paris-Orly airport terminals. Thought up and provided by the Tigre Yoga Club team, these short classes, which also include moments of relaxation to the sound of Tibetan bowls, are an ideal way to take a break before boarding a flight.

PARIS  
VOUS  
AIME

By continuously reinventing travellers' experience, Paris Aéroport truly lives up to its promise: **#ParisVousAime!** These yoga classes will provide moments of pleasure and entertainment to passengers during their time at the airport.

#### **Embark on an indoor journey at the airport with Yoga Nidra and Tibetan bowls**

Based on visualisation and meditation, Yoga Nidra is suitable for all ages. It helps to relieve tension and to let your body and mind drift gradually into holiday mode!

Used to end a Yoga Nidra class, the Tibetan bowls let off soft vibrations which resonate with the human body and have a massaging effect on the cells. This musical voyage has a profoundly relaxing impact on the entire organism.

With a combination of these two practices, you can let your mind travel, and relax to guarantee a peaceful journey. It will also help to make you feel less tired after the flight. These classes will be available over six weekends free of charge from 13 July until 18 August in the boarding lounges of the Paris-Orly and Paris-Charles de Gaulle Airports.

#### **The Tigre Yoga Club, a benchmark in well-being**

To take its passengers on an indoor journey, Paris Aéroport decided to join forces with a benchmark in the world of well-being: the Tigre Yoga Club, founded by Elodie Garamond.

Each ten to twenty-minute sessions in the boarding lounges will be led by a bilingual teacher from Tigre's experienced team.

Close by, a hostess will take care of the children by helping them colouring mandalas, a source of relaxation, while informing each participant when their flight is ready for boarding.

**EVENT: Paris Aéroport has invited Elodie Garamond, Catherine Saurat and Yotam Agam to take part in an exceptional evening under the stars**

On 10 July 2018, to celebrate the launch of its summer activities, Paris Aéroport will lay on an exceptional event for the public. At sunset, the participants will be invited to take part in a session of Astres & Yoga at Paris-Charles de Gaulle Airport, followed by a free dance led by Yotam Agam, the world's leading yogi DJ.

The event will take place in an outstanding and unique setting... bringing you closer to the stars without leaving the airport!

**USEFUL INFORMATION:**

**Entertainment for mass departures**

Every Friday and Saturday from 13 July to 18 August 2018

Paris-Charles de Gaulle and Paris-Orly Airports

In its departure lounges

(Details to follow on <http://www.parisaeroport.fr/yoga>)

Free events

2 airports 6 weekends

7 boarding lounges

15 teachers

680 hours of yoga

**Exceptional event**

Tuesday 10 July at Paris-Charles de Gaulle Airport

The location, which is still a secret, will be revealed on the day of the event

You can register from 11 June on <http://www.parisaeroport.fr/yoga>

Free event

**Press contacts**

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