



Zen & Sounds
Sud



Welcome home...

Ideally located in Saint Jean de la Blaquière, 35 minutes north-west of Montpellier, 50 minutes from the beaches and 10 minutes from the Gorges de l'Hérault, the ZEN & SOUNDS SUD RETREAT AND TRAINING CENTER welcomes you for moments of pure relaxation.

The property is made up of 2 buildings, one including 3 independent gîtes each with its kitchen and bathroom which can accommodate between 2 and 4 people, and the other including 4 double bedrooms and 3 bathrooms. One of these bedrooms with its private bathroom, Ajna, is used to accommodate the teacher (s) / organizer (s). All bedrooms are equipped with high quality bedding (two twin beds, which can be separated or pushed together to form a large king size double bed), as well as reversible air conditioning.

The very large and bright living room offers a part of 70 m² fitted out as a practice room for yoga or sound healing.

The property is also equipped with an 80 m² shaded outdoor deck, a very large pool and an outdoor spa heated all year round.

Large indoor and outdoor common areas and the magnificent view of Occitan nature bring comfort and a feeling of peace to the guests of Zen & Sounds Sud.

A photograph of a room dedicated to Tibetan singing bowls. The room features a large window with a wooden frame, through which trees are visible. Several large singing bowls are mounted on metal stands, some illuminated from behind. In the foreground, a variety of smaller singing bowls and other instruments are arranged on a light-colored rug. The text "THE JOURNEY BEGINS" is overlaid in white, bold, sans-serif font in the lower-left quadrant of the image.

**THE JOURNEY
BEGINS**



Gong Temple





Swimming pool & Spa

Heated all year round, our outdoor spa offers you delicious moments of deep relaxation under the limpid sky of the South of France.

In the hot season, our large overflowing pool will allow you to swim and attend our aquatic activities: sound healing in water, aqua yoga, aqua gym ...





Deluxe Suite Sahasrara

Very large bedroom on the first floor, with its big bright bathroom, its private solarium terrace, and an exceptional panoramic view of Occitan nature.

This magnificent suite is equipped with twin beds with high-quality mattresses, and a small ethnic lounge where you will have coffee, tea and herbal tea. The twin beds can be joined together to form a large king size double bed (180cm).

Bedrooms & suites...



Suite Muladhara

Independent studio with its private bathroom, a small mezzanine and a kitchen area where you will have what is needed to make yourself coffee, tea and herbal teas. This pretty suite is equipped with a large king size double bed (180cm) with a high quality mattress.



Duplex Svadhishthana

Two very nice bedrooms in the independent Svadhishthana duplex apartment, with a large living room, kitchen and a bathroom shared by the two bedrooms. The duplex has private access to a roof terrace with panoramic views.

This large independent apartment has on the ground floor its bathroom with separate toilet, a spacious living room with kitchen where you will have what to make yourself coffee, tea and infusions, and two beautiful bedrooms on the first floor, equipped with twin beds with high quality mattresses. The twin beds can be pushed together to form a large king size double bed (180cm). The living room opens onto a small shaded terrace with a view of the swimming pool.








Duplex Manipura

Large independent apartment with its large private bathroom on the ground floor, a spacious living room with kitchen where you can make coffee, tea and infusions, a massage room, and a beautiful bedroom on the first floor equipped with twin beds with high quality mattresses. The twin beds can be pushed together to form a large king size double bed (180cm). The living room opens onto a small shaded terrace with a view of the swimming pool.



Bedrooms Visuddha & Anahata

A photograph of a bedroom with two twin beds pushed together. The room features a wooden wardrobe on the left, a white chair, and a decorative wall hanging. A semi-transparent text box is overlaid on the image.

Double rooms sharing a very nice bathroom, as well as a dining kitchen. They are equipped with twin beds with high quality mattresses. The twin beds can be pushed together to form a large king size double bed (180cm). Visuddha and Anahata which is the smallest of our bedrooms, are part of one of the 4 lodgings at Zen & Sounds Sud, each equipped with a kitchen, where you will have what to make yourself coffee, tea and herbal teas.

Visuddha





Yoga Shala





Living room



Chillout





Eat well



Indoor kitchen



Outdoor kitchen



Our permaculture
vegetable garden

Our beloved hens











Zen and Sounds Sud

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· Photos by Anaka