

Join us in Provence!



Restore
Reclaim
Reignite
Retreat

Monday, August 31 to Sunday, September 6, 2026

By Gena Chieco, in partnership
with Simple Life in Provence

Welcome

Early Provence is celebrated as a cradle of civilization—home to Aurignacian cave paintings dating back 35,000 years, the Greek colony of Nice, and the ancient Romans, who bestowed upon the region its original name, *Provincia Romana*, and left a legacy of extraordinary ruins. Provence is also a sacred, mystical place, where Mary Magdalene’s hermitage and the Black Madonna’s presence illuminate inner awakening.

With the Provençal cypress tree as our muse—green year-round, a symbol of eternal life, and reaching toward the stars—we are invited to *restore, reclaim, and reignite* our evergreen source of intuition, energy, creativity, and wisdom within.

Through introspection, deep connection, and joy-filled experiences in an intimate circle of eight women—inspired by the beauty, timelessness, and wonders of Provence—we will root into our inner cypress, surfacing our unique treasures to come fully alive and seed a vibrant vision for the future.





The Experience

- Five *Restore, Reclaim, Reignite* workshops
- Daily excursions to explore Hyères, including a Provençal cooking class, visit to a local market, wine tasting and tour at a picturesque vineyard, sunset beach picnic dinner, and day trip to sublime Porquerolles Island
- Homemade, delicious, healthy meals prepared with local produce + wine
- Relaxation and integration time
- Six nights of lodging in two charming, authentic, spacious villas with a private pool
- A diverse, intergenerational group of eight women who are open-hearted, curious, kind, and dynamic
- Memories and friendships to last a lifetime
- This retreat marks Gena's sixth retreat in partnership with [Simple Life in Provence](#)
- Read about our past retreats [here](#)
- Rates: €2850 for a private room with queen bed and shared bath or €3250 for a private suite with queen bed and en-suite bath, all-inclusive (except for flights & airport transfers); 30% deposit required after reservation



Workshops



Gena will lead five workshops focused on the journey inward to embrace our authentic selves and shed that which no longer serves us, including journaling, breathwork, guided visualizations, and group reflections. Think of a warm hug, sunshine on your cheek, or floating free as a vision for where the workshops will guide you.

- Workshop themes:
 - Authentically connecting through story-telling and honoring our truths
 - Inviting in compassion, trust, and enchantment, inspired by Liz Gilbert's nonfiction book, *Big Magic* (inspired by Gena meeting Liz in 2024)
 - Shifting from an inner critic to inner guide, and healing from imposter phenomenon
 - Embracing unique genius towards deeper purpose and joy
 - Dreaming big and creating rituals to live our best lives
- You will leave the retreat restored, rewilded, aligned with your moonshot dreams, more confident and purposeful, and emanating joie de vivre
- The workshops will provide you with tools to continue to deepen your relationship with yourself and with others beyond the retreat
- See <https://simplelifeinprovence.com/gena2026> for more workshop details

Hyères



Considered the original French Riviera (Côte d'Azur), Hyères sits on a peninsula between Marseille and Saint-Tropez, with a medieval old town, history as a mecca for artists, azure Mediterranean waters, and vibrant culture. Numerous writers and painters have found inspiration here, including Edith Warton, Pablo Picasso, and Jean Cocteau; you too will become a part of the rich tradition of visitors who are inspired by the magic that is Hyères.

Outside of our workshops and relaxing at the villas, we will explore Hyères through a Provençal cooking class; enjoying local specialties at the weekly market; spending the day on Poquerolles Island; touring the gardens, ancient castle, and medieval streets of Hyères; and experiencing a sunset picnic dinner at l'Almanarre beach, known for wild flamingos and kite surfers.



More on Hyères

2025: [Artists, Architecture, Beaches. This French Town Has It All, Except Crowds, *New York Times Travel*](#)

2025: [A Weekend in Hyères: The Original French Riviera, *Lonely Planet*](#)

2021: [5 Days Spent Seaside in Hyères, *New York Magazine*](#)

2015: [Porquerolles: The Loveliest Island on the French Riviera, *CN Traveller*](#)

Accommodations



Location

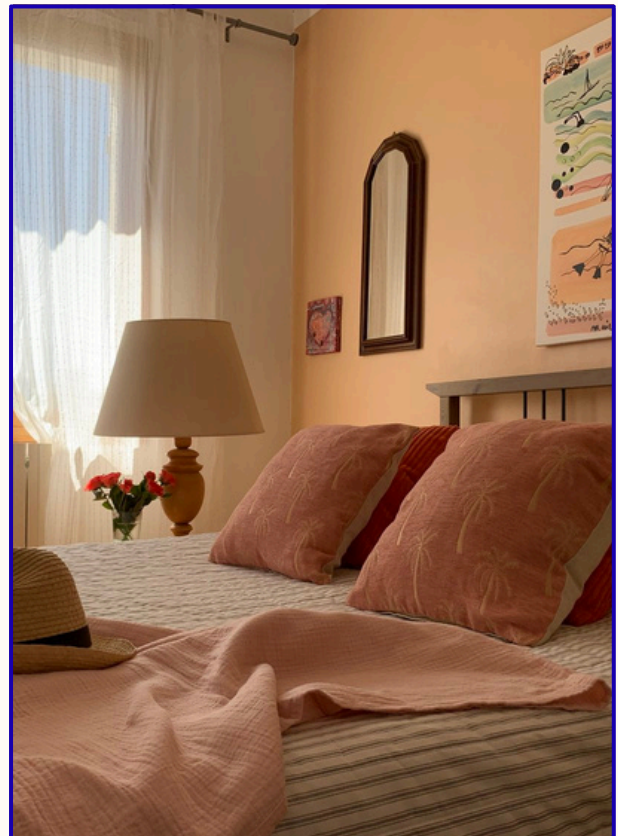
You will stay in the heart of the Provençal hills, kissed by the sea breeze and cocooned by hundreds of acres of pristine forests, with abundant trails out the door.

The property comprises two peaceful Villas, *La Pastourelle* and *Le Balcon Sur La Mer* with breathtaking views to the sea. The Villas are 150 meters apart, a mile from the old town, and recently renovated for a modern touch while retaining their original charm.

The Villas

Each Villa exudes Provençal rustic chic with three private, airy, sunlit bedrooms; a spacious common area, including a living room and kitchen; a separate toilet room; a shower room with double sinks; and a spacious deck to enjoy the peaceful surroundings.

La Pastourelle also has a private swimming pool and two suites, each with an en-suite bathroom and private entrance. It is here that we enjoy our meals prepared in the chef's kitchen on a large deck en plein air (or in a sunroom if the weather is rainy).



Our Six Days Together

Monday, August 31

3:00 pm: Check-in and welcome aperitif
7:00 pm: Welcome Provençal dinner

Tuesday, September 1

9:00 am: Delicious breakfast
10:00 am: Workshop One with Gena
1:00 pm: Lunch at the villa
2:30 pm: Workshop Two with Gena
6:00 pm: Picnic dinner at the renowned Almanarre beach, with wild flamingos and kite surfers



Wednesday, September 2

8:00 am: Delicious breakfast
9:00 am: Cooking workshop at *Les Amis de la Cuisine Provençale* in charming La Roquebrussanne
12:00 pm: Lunch en plein air - enjoy the dishes we made together
2:30 pm: Workshop Three with Gena
7:00 pm: Provençal dinner

Thursday, September 3

8:00 am: Delicious breakfast
9:00 am: Ferry ride to Porquerolles; explore the island and medieval town center
1:00 pm: Picnic lunch at the renowned "Silver Beach" in a pine grove
2:00 pm: Choose your own adventure: Explore the coves of the island, swim, relax, shop
6:00 pm: Boat ride back to Hyères; relax at the villa
7:30 pm: Provençal dinner

Friday, September 4

9:00 am: Delicious breakfast
10:00 am: Workshop Four with Gena
1:00 pm: Lunch at the villa
4:00 pm: Wine tasting and vineyard tour at [Domaine de la Sanglière](#), entre terre et mer
7:00 pm: Provençal dinner



Saturday, September 5

8:00 am: Delicious breakfast
9:00 am: Explore the Hyères famous "remarkable" gardens, wander through medieval streets and shops, visit the Les Îles d'Or big market
1:00 pm: Lunch at the villa
3:00 pm: Workshop Five with Gena
7:00 pm: Aperitif and farewell dinner

Sunday, September 6

9:00 am: Delicious breakfast
11:00 am: Check out and goodbyes





At the Lisa Congdon *Simple Life in Provence* Retreat in 2022

Meet Gena

CONSCIOUS LEADERSHIP COACH

In my first career as a lawyer, I had the privilege of serving both terms of the Obama Administration, including at the White House. I left D.C. in 2017 with the change in administrations and out of the ashes of a divorce, for a phoenix rising chapter in Los Angeles, working as General Counsel of a cleantech startup.

In what I would come to appreciate as a midlife awakening, I left the startup in 2018 for a travel sabbatical, simultaneously embarking on the greatest adventure, the inner journey home to my true self. I completed Martha Beck's coach training program later that year, and embraced that I have always been a coach in spirit.

I derive tremendous joy and purpose in guiding clients to access their full potential, and launched my coaching business in 2019. As a Founding Guide for CHIEF, with a thriving private coaching practice, and meaningful partnerships, I have extensive experience coaching and leading retreats (2000 hours).

I attended a transformative retreat at Simple Life in Provence led by artist Lisa Congdon in 2022 and held four retreats here in 2023, 2024 and 2025. It is an absolute joy and dream to return in the spring and summer of 2026, especially as I now call France home!

For more background, see www.genachieco.com/about



Our Hosts

THE MICHAUD FAMILY

Maria (mother) and Mathieu (son), will be our hosts, chefs, and guides; their warmth, kindness, and hospitality will leave you feeling like a part of their family.

Maria's childhood revolved around art—the art of creating with your hands and heart, the art of living, the art of cooking, and the art of sharing ideas and delicious food. She has passed this reverence for art down to her children and imbues all retreats with this spirit as well.

Mathieu brings a lifelong passion for cooking and Provence. Raised in a family of bakers and restaurateurs, he learned to infuse every dish with love and care, creating memorable meals from fresh, local ingredients. A native of Provence, Mathieu will guide you to hidden local gems, ensuring an authentic and unforgettable experience of the region.

Elodie (daughter) and Fred (father) make appearances as well!

<https://simplelifeinprovence.com/about>

info@simplelifeinprovence.com

Join us to actualize the life
you were born to lead!



TO REGISTER:

<https://simplelifeinprovence.com/gena2026>

info@simplelifeinprovence.com

TO SPEAK WITH GENA AND GATHER MORE INFO:

gena@genachieco.com

Client Testimonials

After several years of feeling disconnected from myself, and many life changes, Gena's retreat provided exactly what I needed. The expertly facilitated workshops, nurturing environment, and genuine connections exceeded my expectations, creating space for profound healing. For the first time in years, my body, mind, and heart all feel calm and centered. This retreat gave me the luxury of reconnecting with both myself and others while rediscovering self-love. It was the most transformative gift I could have given myself.

– *Ashley B, North Carolina, May 2025*

The unique and deeply moving retreat experience that Gena offers is like no other. She is able to assemble a diverse, yet each impressive in their own right, small group who are all seeking something to enhance their lives. Gena quickly bonds and expertly guides the group through thoughtful exercises that facilitate self-reflection, and then enhances the self-reflections with kind and profound insights from the group, often helping you see new thought-provoking perspectives. All of this in a quiet villa with wonderful, long dinners shared outside laughing, and relaxing adventures exploring the beautiful Provence region. Truly a memory and life experience I will cherish forever.

– *Christine S, South Carolina, May 2024*

This retreat was life-changing for me. It truly tested all of my boundaries, fears and insecurities. It also allowed me to see what it is like to live my life rooted in joy, love and support, when your heart is open to new experiences and people. Gena is an incredible coach and soul. She led these workshops in such an open and safe manner that it helped me to feel safe to be open about my fears and insecurities, and share my dreams and goals that represent my true self. I will forever be grateful for this experience, for Gena, for each participant sister, and to Simple Life in Provence family for helping me on my journey to restore, reclaim and reignite my life.

– *Fana D, Washington, D.C., May 2023*

Gena is the total, beautiful package; intelligent, well-researched, warm and loving, with a unique sensitivity that allows diverse people to come together in a meaningful intimate focus. Her workshops are a safe haven to explore your past and your present, and delve into the possibilities for the future with the support and understanding of fellow attendees. Whatever your issue, whoever you are, you will experience a rebirth, discovering all that you can be. Run don't walk to join Gena's adventure.

– *Athel M, California, May 2023*

It was with some trepidation that I signed up, as this was my first time ever participating in this type of program. But from the very first day, I was elated that I had taken the leap of faith. The best part of the week was our workshops. Gena expertly facilitated a program that encouraged us all, a group of eight women, to dig deep. We shared our joys, our challenges and our fears. We affirmed each other's goals. We laughed and we cried but mostly laughed. We found that there were so many experiences that we had in common. In the end I feel like I have made seven new friends that I adore and will most definitely see again.

– *Jamee M, Michigan, May 2023*



there are stars you haven't seen
 and loves you haven't loved
 there's light you haven't felt
 and sunrises yet to dawn
 there are dreams
 you haven't dreamt
 and days you haven't lived
 and nights you won't forget
 and flowers yet to grow
 and there is more to you
 that you have yet to know.
 - Gaby Comprés -

