

GLISSence Day 1: May 25

Arrival & Welcome



Arrival

- 15:23 – Shuttle to Chateau from Yvetot train station parking lot
- 16:00 – Arrival at the chateau, welcome drinks & GLISSence gifts, time to explore and settle in



Meals

- 19:00 – Dinner Buffet (pool area or upstairs kitchen)

In consideration of anyone dealing with jet lag, dinner on Monday night is casual and buffet style, so people can eat (and go to bed) at the time they desire.



Activities

- 18:00 – Opening "ceremony" for GLISSence (pool area or upstairs den)
- Welcome reception: introductions, icebreaker activity, and set intentions for the week.

*DD = Digital Detox. Please leave all electronic devices in your rooms for events with this designation.

GLISSence Day 2: May 26

How "Systems" can Impede or Advance Progress on Sustainability



🍴 Meals

- 7:30–10:30 — Breakfast (upstairs kitchen)
- 12:00–13:30 — Lunch (pool area or upstairs main dining room)
- 20:00 — Dinner (upstairs main dining room)



🧘 Wellness

- 8:00 & 9:00 — Gentle a.m. movement with Cory (salon)
- 15:30–17:00 — Ocean walk + breathwork with Cory (salon *to meet*)



🎉 Activities

- 15:30–17:00 — French cooking class (ground floor kitchen)
- 19:00 — Cocktail hour (pool bar)
- 22:00 — Karaoke Party hosted by Laka, with special guest Sonya McGaffey, aka Sone



🌱 Sustainability Sessions [DD]

- 10:30–11:45 — SS1
- 13:45–15:00 — SS2
- 17:15–18:30 — SS3

GLISSence Day 3: May 27

Tools to Advance Sustainability & Overcome Resistance



🍴 Meals

- 7:30–10:30 — Breakfast (upstairs kitchen)
- 12:00–13:30 — Lunch (pool area or upstairs main dining room)
- 20:00 — Dîner en blanc (Dinner in White Party) (pool area or upstairs main dining room)



🧘 Wellness

- 8:00 (class 1) & 9:00 (class 2) — Gentle a.m. movement with Cory (salon)
- 17:15–18:30 — Ocean walk + breathwork with Cory (salon to meet)



🎉 Activities

- 19:30 — Apéro & arias! **Come dressed for the dîner en blanc** (pool area)

Featuring a Special Operatic Performance by Sone



🌱 Sustainability Sessions [DD]

- 10:30–11:45 — SS4
- 14:00–15:15 — SS5
- 15:45–17:00 — SS6

GLISSence Day 4: May 28

Closing & Day Trip



Meals

- 7:30–10:30 — Breakfast (upstairs kitchen)



Wellness

- 8:00 (class 1) & 9:00 (class 2) — Gentle a.m. movement with Cory (salon)



Sustainability Session [DD]

- 10:30–11:15 — Final Closing Session



Day Trip & Departure

- 11:15–11:45 — Packing time (please bring all suitcases to designated area by 12:00)
- 12:00–17:00 — Day trip to Veules-les-Roses village

Meals

To ensure GLISSence minimizes its carbon footprint as much as possible, all meals are plant-based (vegetarian (V), with options for vegan (VG) and gluten free (GF) based on dietary restrictions of participants) and heavily feature local and seasonal products.



Breakfast

7:30–10:30 daily (upstairs kitchen)

In addition to a wide variety of food and breads (cooked and prepared fresh, daily), Chef Stephanie will prepare eggs to order for each guest. Find her in the main kitchen (ground floor) and place your order daily.



Lunch

12:00–13:30 Days 2 & 3 (pool area or upstairs main dining room) & 13:00 Day 4

All lunches at the chateau will feature multi-course meals, served family style.

Lunch on Day 4 will be at a local restaurant in Veules-les-Roses (cost included).



Dinner

See daily schedule for location

Dinners on Tuesday & Wednesday will be slightly more formal than our lunches, and will feature multiple courses and offer wine pairings (non-alcoholic options available at all meals).

Wellness

Optional additions to your daily schedule. Feel free to join any of these wellness activities that resonate with you.



Morning Movement with Cory

8:00 (class 1) & 9:00 (class 2) daily
— ground floor salon

For those who want to start their day with a gentle sequence of movements to wake up your body and lift your spirit, please join Cory in the salon at 8 or 9am (or both).

Note: although Cory is a certified yoga teacher, these will not be traditional yoga classes. If you're hoping to get in a workout while at the chateau, we fully support that! But Cory's classes aren't designed with that goal in mind either.



Evening Ocean Walk & Breathwork

15:30–17:00 (Tuesday) / 17:15–18:30 (Wednesday) — the group will depart from the salon

To take advantage of being so close to the sea, Cory is going to lead anyone who wants to join her for an evening stroll to the ocean, and while there, will lead everyone in somatic breathwork exercises.



Pool Time

Open daily

One of the many features to enjoy at our chateau is the heated, outdoor pool. Please feel free to enjoy at your leisure.

Pool towels will be provided!

For anyone who prefers their pool time with rose, there will be plenty of that on hand for your enjoyathwork exercises.

Activities

Optional additions to your daily schedule. Feel free to join any of activities that resonate with you.



French Cooking Class

Day 2 — 15:30–17:00 —
main kitchen (ground
floor)

Join our resident chef, Stephanie, as she teaches everyone how to make les crêpes roulées, a fun twist on one of the most emblematic French foods. And yes, you get to eat what you prepare!



Cocktail Hour

See daily schedule for
times

Join us at the outdoor bar, located near the pool, to enjoy some French wines, champagnes, or cider (selection will vary by day).



Karaoke Night

Day 2 — around 22:00
(immediately following
dinner)

Hosted by Laka, who is fresh off of wrapping her second tour in the US opening for the Devon Allman Project, with special guest, Sone.



Apéro & Arias

Day 3 — 19:30 — pool
area.

Come and enjoy a traditional French apéro featuring local wines and champagne plus a charcuterie board full of delectable local foods to snack on before dinner.

Come dressed for the dîner en blanc! Featuring a special operatic performance by Sone.



Visit Veules-les-Roses, Normandy

Day 4 — depart the chateau at 12:00

We can all leave our bags at the chateau for safekeeping while we explore the charming coastal town of Veules les Roses. Upon arrival we'll have time for everyone to walk around and explore a bit (or sit at the oceanfront), before meeting up again at L'Abri (13 rue Victor Hugo), an oyster bar (that also features meat and V/VG options) in the village. Following lunch, we'll have more time to explore before a late afternoon departure back to the chateau (bag pickup), then to the train station at Yvetot.

Sustainability Sessions

All SSs are Digital Detox (DD) zones, so please leave your electronic devices in your rooms.



SS1

Day 2 – 10:30–11:45 –
State governance
systems, politics & false
dichotomies



SS2

Day 2 – 13:45–15:00 –
Personal and
organizational
collaboration in the
midst of geopolitical
rivalries



SS3

Day 2 – 17:15–18:30 –
BYOP (Bring Your Own
Problem)

*Guided exercise around the
biggest challenge you're
currently facing (personal or
professional).*



SS4

Day 3 – 10:30–11:45 –
Beyond fearmongering:
how technology & AI
offer powerful
solutions that can
improve our world



SS5

Day 3 – 14:00–15:15 – cont. of any
prior SS topic

or

Helping sustainability find its soul
again

or

Global green transition: shifting
the burden and costs for a more
equitable new world economy



SS6

Day 3 – 15:45–17:00 – BYOP 2:
Crowd sourcing your issue(s)

or

Participants' topic of choice



Closing

Day 4 – 10:30–11:15 – Wrap
Session: Key Takeaways & Final
Thoughts