Do you have any other wishes?

Château*f*orm

Our selection teambuilding activities at Mas Sant Joan

TEAM BUILDINGS - VISITS - WALKS - ARTISTS

Animation... But why?

To say thank you To get to know each other To bring people together To reveal hidden talents To engage To learn To generate new ideas To dream and wonder To be amazed To get excited about To create unforgettable memories ...

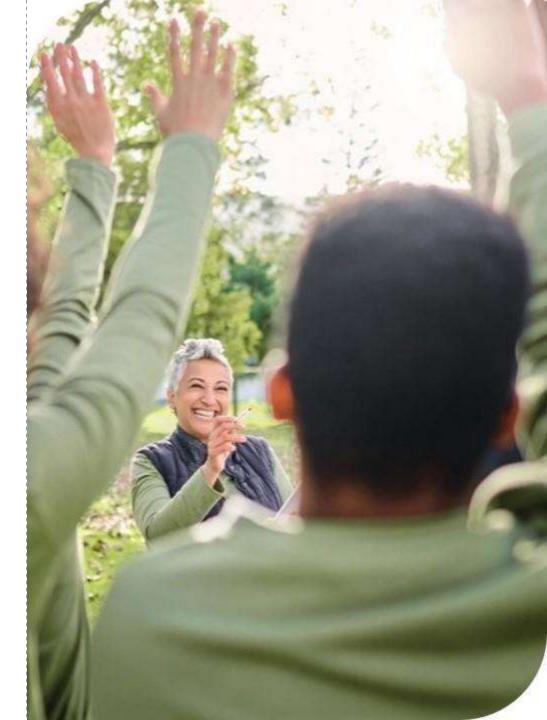
Our Selection of Team building activities is there to support every team, every challenge.

To guarantee a perfect experience, all our partners have all been carefully tested and selected.

Our criteria? Relevance, attention, flexibility and originality. In French, Spanish or English.

PPSSST! In addition to this selection, we will be happy to recommend other events - please ask us!

Your Châteauform' teams





Forge Links

Sporting challenges

- The Mas Challenge
- Burricleta
- Laser Game
- Karting
- Segways ride
- Ipad Quest du Mas
- Building Catalan castles

Partnership challenges

- Escape Games
- Catena da Vinci
- Who are Who?

Commit

Eco-Responsible activities

- Protecting the Emporda dunes (CSR)
- Building protective nests for birds



Culinary workshops

- Tapas competition
- Wine Making Academy
- Cocktail Mystery Box
- Tasting workshops (Gin, Vermuts, wines)

Artistic activities

- Ceramics workshop
- Rock Star Band
- Fast Film Fest
- Video dubbing workshop



Inspiring activities

- Guided tour of the Dali Museum
- Medieval Catalonia" guided tour
- Visit to the ruins of Empuries
- Ballooning over the Emporda

Resourcing activities

- Yoga class
- Pilates session
- Forest Bath
- Introduction to Non-Violent Communication



Nautical activities

- Kayak excursion
- Catamaran Magic cruise
- Sailing trip
- Sailing regatta
- Light sailing regatta
- Radeaux-Paddle Race



Festive entertainment

- Drumming Session
- Haka!

Artists

- DJ
- Professional photographer
- Magician
- Magic Mirror
- Moshka, live music
- Flamenco Show

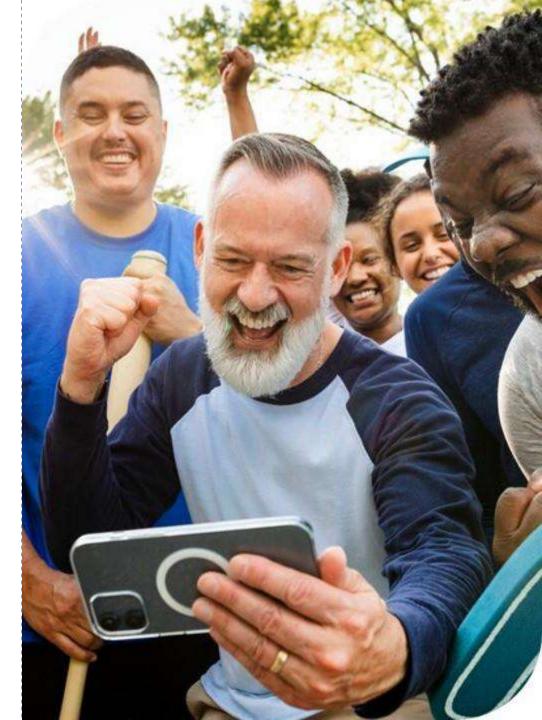


Forge Link (Challenge, escape games & investigations)



It was great to spend an other time with other members. It was very professional, and the activity very well organised.





Forge link Challenges



The Mas Challenge

Challenge / Team / Fun

- At Mas Sant Joan, an age-old secret is passed down to each guest... It is this secret that your participants are invited to discover during this challenge.
- It's also an opportunity to get to know each other better, build team spirit, and explore the site in a fun way.
- Supervised by us, your participants, divided into teams, will face sporting challenges tailored to their profiles. Which team will be the fastest to uncover the secret so well kept by your host couple?



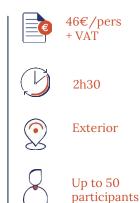




Burricleta Ride

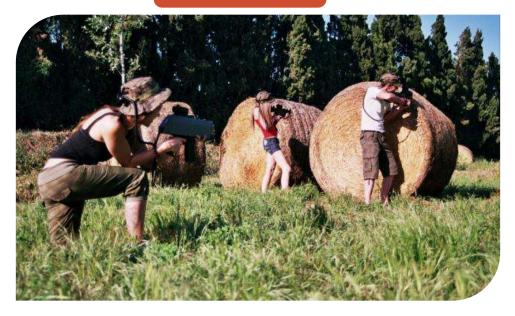
Accessible / Friendly / Seaside

- Want to discover the region in all its glory? Leaving from Le Mas, we'll take you on an electric bike ride to explore the small villages in the surrounding area and cycle along the coast through the pine forest to the charming village of Sant Martí d'Empúries for a well-deserved break!
- On the agenda: 22 kilometers of effortless cycling to discover part of the Empordà region as a team!



participante

Forge link challenges



Laser Game

Fun & Games / Challenge / Strategy

Planning a challenge in the Parc du Mas?

This team adventure activity doesn't require any type of projectile - just infrared! It's a great way to showcase teamwork and get the job done. A lifesize video game!





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All team sizes

Forge link challenges



Grand Prix Karting

Competition / Challenge / Surpassing your limits

Do you want a genuine competition that offers participants an emotionally-charged experience?

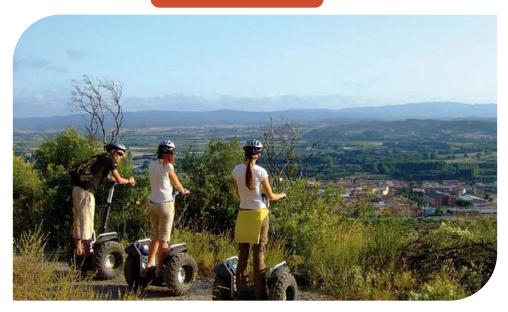
The Grand Prix is for you!

You'll start with qualifying practice for the starting grid, the race itself and the prize-giving ceremony on the podium!

Just 5 km from the Mas, you can get there by bike!



From 8 participants challenges



Segway ride

Relaxation / Fresh air / Originality

We suggest a different kind of excursion, starting at Mas Sant Joan and taking in the magnificent landscapes of the Empordà.

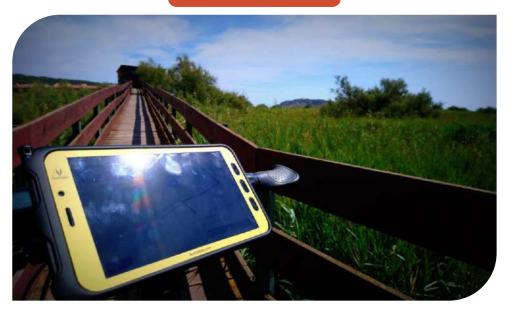
You'll explore the countryside and discover the region in a fun and environmentally-friendly way! Maximum of 8 participants at a time (rounds are possible)





Exterior

Simultaneous groups of 8 people Forge link challenges



Burricleta Ipad Quest

Team challenge / Accessible / Discovery

- This is an orienteering competition on electric bikes. Each team is equipped with an iPad that shows participants the locations of the challenges. The goal is to complete as many challenges as possible and score as many points as possible.
- It's all about teamwork, strategy, and determination! This activity can also be customized to suit the theme of your meeting!



3h00/3h30



Exterior



Up to 50 participants

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Forge link challenges



Building « Catalan castles »

Culture / fun / teamwork

We invite you to take part in one of Catalonia's oldest and most emblematic traditions.

The construction of human towers, known as "Castells", is a powerful symbol of unity and strength, performed at festivals and cultural events throughout the region.

Guided by a group of castell experts, you'll discover the secrets of this fascinating tradition, declared a World Heritage Site by UNESCO in 2010.



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Exterior





people: 1800€+ VAT





Forge link

challenges





Forge link challenges



« Destiny » Escape Game

Thinking / Communication / Speed

Can you save humanity?

A serious disease is going to wipe out the planet and an apocalypse is about to break out. In 5 years, it'll all be over! However, a message from the future has been sent to prevent all this from happening!

An ideal game for strengthening team cohesion, improving communication, organisation and stress management! The future is now in the hands of your participants!



All team sizes

Forge link

challenges



« Pirates » Escape Game

Thinking / Curiosity / Speed

Will you be able to put yourself in the shoes of a real pirate and take the chest of gold with you?

An ideal team-building activity to solve as a team, but watch out for traps set by your opponents that could hinder your progress! The future is now in the hands of your participants!



) 1h30



Indoor & outdoor

All team sizes

Minimum charge 15 people More than 26 participants: 40€ /person + VAT Minimum charge 15 people More than 26 participants: 40€/person + VAT Forge link challenges



Catena Da Vinci

Teamwork / Building / Shared success

Cross-functional communication, leadership, creativity, innovation... the ingredients needed to build a chain-reaction machine that adapts and works with all teams.

Do you see any parallels with your business? To complete this challenge, teams will have to think, plan, anticipate and plan ahead, design and build with the materials and tools you'll find in the storage area.



From 20 to 60 people



Forge link

challenges

Who is Who?

Icebreaker / Curiosity / Getting to know you better

What's your favourite song, your favourite film, your favourite food?

Get to know your work colleagues in a direct and fun way. You'll probably discover that you share more with them than you thought.

This activity is designed to be a real ice breaker!



1h00

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Indoor & outdoor

All team sizes

Minimum billing 20 people More than 40 participants: 72€ /pers + VAT Minimum charge 20 people More than 40 participants: 52€/pers + VAT



Create together (Food & wine, art & music)



It's a great souvenir to take to the office and just what I was looking for!

99

Gregorio - Information and Communication Technologies





Tapas competition

Culinary / Collective production / Creativity

You'll be divided into teams and each team will have a work island with all the necessary kitchen utensils. You have a large table at your disposal, which is your "Market", a real treat of colours, smells and flavours. Each team chooses the ingredients they want to use to make 2 types of cold tapas and one hot tapas.

Once the competition is over, the tapas must be presented to the Mas Jury! Please note that you will be judged on 3 criteria: taste, presentation and sales argument.

3, 2, 1! Get your Tapas on!



Indoor & oudoor

40€/pers

All team sizes

Create together Culinary workshops



Wine Making Academy

Collaborative / Aperitif / Convivial

Innovative and original team-building that will turn you into future oenologists.

You will work as part of a team to create your own wine by blending different grape varieties. Your blend will influence your marketing, sales, and financial strategies.

Smell, taste, and create!



2h00



Indoor

Up to 80 participants

From 26 to 50 participants: 95€ /pers + VAT From 51 to 80 participants: 85€ /pers + VAT

Minimum billing 8 pers

Create together Culinary workshops



Cocktail Mystery Box

Creation / Collective production / Conviviality

We divide participants into teams with a single objective: to create your own cocktail, name it and make it to sell to a demanding panel of judges!

The activity takes place in 2 phases:

- In the first, they will learn the secrets of a good cocktail in a fun way, while tasting and making several preparations.
- In the second, each team will put into practice what they have learned with a mystery box filled with the necessary ingredients and tools. <u>Alcohol-free option.</u>







Indoor & outdoor



Create together Culinary workshops



« Catalan Wines » tasting workshop

Conviviality / Discovery / Catalan culture

An inescapable companion to your meals, a pleasure for the taste buds as well as being rich in colour and aroma, wine needs to be observed, smelled and learnt.

The diversity of microclimates and soils provides ideal conditions for growing vines.

This tasting will take you on a journey through 6 Catalan designations of origin, 2 white wines, 3 red wines and a cava.



1h30

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Indoor or outdoor

Any size

Any group size Create together

wine workshops



« Gins » tasting workshop

Creation / Collective production / Conviviality

It's a fun way to learn about the different flavours and combinations of gin!

We'll teach you all the techniques you need to make the perfect gin and tonic.







outdoor

Indoor o



All group sizes Create together wine workshops



« Vermuts » tasting workshop

Conviviality / Discovery / Tradition

¡Fem un vermouth! say the Catalans...

¿Quedamos para tomar el vermut? say the locals...

Vermut is a wine-based aperitif in which a wide variety of aromatic plants have been macerated. It is the object of a veritable cult in Spain.

To find out all the secrets of this magic potion, you will be accompanied by a professional and taste vermouths from different regions.



1h30

outdoor

Indoor or

All group sizes

Create together

Artistic activities



Ceramics workshop

Creation / Personal talent / Friendliness

Do you want to spend a different moment and create your own memory of Mas Sant Joan?

The ceramics workshop is ideal! You will be guided by a professional, Anna, who will support you by explaining her tips for creating your own work.

A unique workshop to spend some quality time together! Will you be creative?

Please note -> Incomprehensible cooking and drying times (2 full days, i.e. a minimum of 3 days on-site seminar).







Indoor or outdoor

From 10 to 40 people

Create together Artistic Activities



Rock Star Band

Fun / Music / Laughter

It's possible to become a Rock star!

Each group will be assigned a popular rock song, and the aim is to change the lyrics to suit your chosen theme! You'll be accompanied by a group of musicians!

The moment of truth arrives when all the groups present their songs on stage!

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people: 115€/pers + VAT

From 8 to 15



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Indoor or outdoor

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Any group size

16 to 25 participants: 110€ /pers + VAT From 26 to 40 participants: 92€ /pers + VAT Minimum charge 15 people

21 to 30 participants: 750€ + VAT 31 to 40 participants: 900€ + VAT **Create together**

Artistic activities



Fast Film Fest

Creation / Team / Souvenir

Your team is divided into small groups and asked to create an advertising spot or a mini-film.

Each group will produce a scene, guided by a team of technicians. They'll need to get organized and assign roles to achieve the best possible result for editing the video





Indoor o oudoor



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Create together Artistic activities

Video dubbing workshop

Surprise / Originality / Laughter

Communicating a corporate message linked to the objectives of the meeting by dubbing a commercial: that's the challenge facing the teams taking part in this fun experiment.

We provide each team with two iPads containing the video file without audio, as well as several sound effects and music applications. Using these resources, you need to create a new dialogue and sound effects script to communicate a new message. You will need to test the synchronisation of the dialogue and audio elements with the predefined images, because the next step will be to perform them in a Live session with the other participants.



For 8 to 15 people: 90€/pers + VAT

2h00



Indoor or outdoor

All group sizes

16 to 25 participants: 85€ /pers + VAT From 26 to 40 participants: 75€ /pers + VAT

16 to 25 participants: 85€ /pers + VAT From 26 to 40 participants: 75€ /pers + VAT Minimum charge 15 people



Commit (Responsible activities, CSR)



Great animation. It was exactly what we had planned together. It is totally in line with our environmental ambitions.



Marina - Luxury cosmetics





Protecting the Emporda Dunes

Immersive / Empowering / Engaging

The aim is to restore ecosystem functionality by preventing the loss of sand outside the beach-dune system, and to protect natural beaches as a fundamental value of the Baix Ter - Montgrí Natural Park.

Each team will set up sand traps in the dunes of La Gola beach, using the logs brought in by the sea! Each group will prepare a trap: 20 metres divided into 4 sections of 5 metres each.







Outdoor



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Building Nests

Collaborative / Useful to local wildlife / CSR

Life in nature and in the forest is becoming increasingly scarce, leading to a loss of natural habitats for birds in our country.

Divided into teams, you'll face the challenge of building several nesting boxes for a specific species:

- Measuring and marking the wood.
- Saw the boards to the required size with a handsaw.
- Drill the holes using the battery-operated drill.
- Screw the parts together.

At the end, the nesting boxes will be hung up to welcome new bird families.

ē	Up to 15 people: 1375€ + VAT

2h



Outdoor & interior



From 10 to 40 participants



16 to 25 participants: 70€ /pers + VAT From 26 to 40 participants: 60€ /pers + VAT



Inspiring activities)

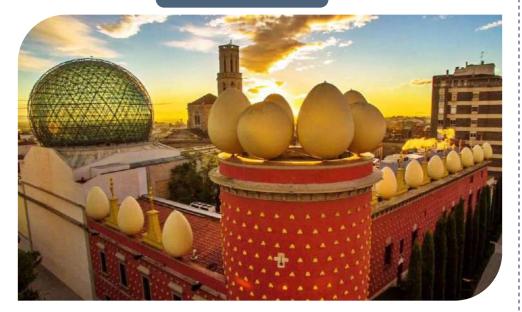


A fascinating activity run by passionate people. We had a lot of fun and spent a lot of time chatting at the end.

99

Ricardo- Banking Finance





Guided tour of the Dali Museum

Culture / Surprise / Surreal

The Dalí Theatre-Museum in Figueres is a unique opportunity to observe, experience and enjoy the work and thoughts of a genius.

It contains the widest range of works describing Salvador Dali's artistic trajectory, from his early artistic experiments and Surrealist creations to the works of the last years of his life.

And if you have the time, why not take the opportunity to visit Figueres?



Indoor

All team sizes

Inspire Inspiring experiences



Medieval Catalonia" guided tour

Curiosity / Beauty / Discovery

We invite you to discover the historic and medieval face of the region: the villages of Pals and Peratallada.

At the top of a hill, set into the rock, the Romanesque tower dominates the medieval walls of Pals. Inside, in a maze of narrow streets, you will discover magnificent houses and picturesque corners. A few kilometres from Pals, Peratallada has also preserved its walls, and inside a palace and various medieval quarters offer you a pleasant stroll back in time.



For up to 16 people: 840€ + VAT (excluding transport)





Indoor

3h



All team sizes

16 to 30 participants: 1030€ + VAT (excluding transport) From 30 to 55 participants: 1550€ + VAT (excluding transport) 16 to 30 participants: 930€ + VAT (excluding transport) Over 30 people: on request



Visit to the ruins of Empuries

Cultural emblem / Enrichment / Point of view

The municipality of l'Escala is home to the largest Greco-Roman site in Catalonia: the Ruins of Empuries.

Whether you're a history buff or not, the magic of this historic site is something for everyone.

Guided tour of an ancient Greek town, later occupied by the Romans, in an idyllic setting that owes nothing to chance...



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Exterior

All team sizes



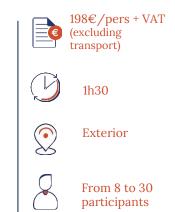


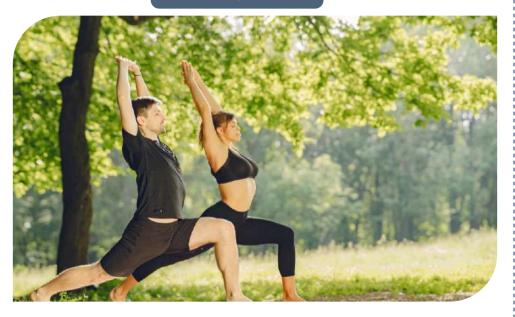
Ballooning over the Emporda

Emotion / Surprise / Experience

If you want to surprise your participants and give them a change of scenery, we've got a hot-air balloon ride for you!

Departing from the small village of Colomers, 13 km from Le Mas, you will fly over the Empordà at a height of between 500 and 1,200 metres, enjoying superb views over the bay of Roses. The flight should take place in the early morning, with times varying according to sunrise. There is also the option of a late-night flight to admire the sunset in July/August.





Yoga session

Morning Routine / Relaxation / Time to yourself

What a pleasure to be able to start the morning with an activity that gives you energy by awakening both body and mind. It's the perfect way to prepare for a day's work. Or perhaps you'd prefer a relaxation session at the end of the day to reduce any tension.

Our yoga expert can adapt the pace of the session to your team's needs.





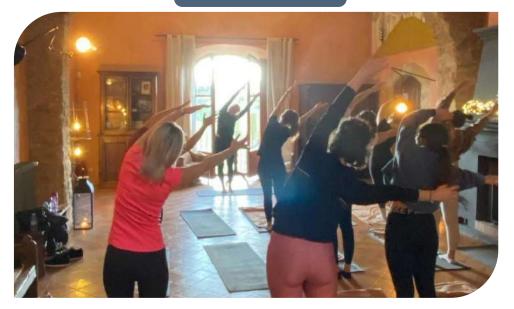


Indoor & outdoor



Up to 30 participants

Inspire **Resourcing Activities**



Pilates session

Muscle awakening / Well-being / Energising

This Pilates session, led by our Pilates teacher, will give your participants a chance to wake up their bodies before starting the day's work.

A series of genuine stretching, musclestrengthening and core-building exercises...

This discipline is accessible to all, can be adapted to suit everyone and requires no specific knowledge.

1h00



Indoor & outdoor



From 8 to 30 participants



« Forest Bath »

Sharing / Disconnection / Nature

Nature provides the space we need to step out of our roles and give ourselves to others, from our own essence and authenticity.

Natural spaces stimulate creativity, create a unique energy and broaden the scope of thought. Through actions that encourage listening between its members, we provide support to review and improve their relationships...

In this way, the team can reach a level of awareness and maturity to move towards its best version.

Let Nature surprise you ...!



2h00/3h00

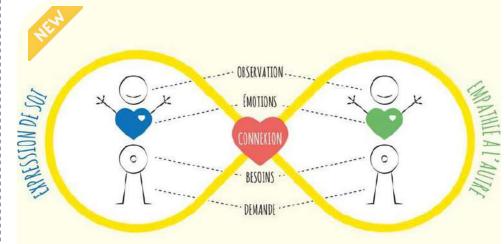


Outdoor o indoor

Up to 60 participants

16 to 30 participants: 2500€ + VAT (+ 200€ transport) 31 to 45 participants: 3000€ + VAT (+ 200€ transport) From 46 to 60 participants: 3500€ + VAT (+200€ transport)





Introduction to Non-Violent Communication

Fun / Cooperative / Enriching

Discover a 5-step methodology (Observation, Feeling, Need and Demand) to increase your managerial and relational potential.

Play as a team and practise decoding your emotions and needs so that you can communicate more clearly and effectively. This activity is enhanced by role-playing and practical examples to help you rapidly develop your interpersonal skills.

Ideal if you want to broaden your team's awareness and give them access to a practical, easy-to-use tool to boost the quality of their relationships with others!

Trained by the specialist Thomas d'Ansembourg, Marie-Anne, your host, offers you a session to discover the pacifist language of NVC.



1h30

+ VAT

40€/pers



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Indoor o oudoor



From 1 to 50 participants



Relax (reconnect with yourself)



We had a great time, a mixture of excitement, adrenaline and discovery.

99

Sara – Consultancy for Start-up and expanding companies



Reconnect with yourself



« Catamaran Magic » cruise

Pleasure / Relaxation / Sea

What could be better than a break in the magnificent Bay of Roses?

On the programme: relaxation and swimming in a beautiful cove. The catamaran is very stable, 22.80 metres long and can accommodate up to 100 participants.

Departing from the port of l'Escala, 7 km from Mas Sant Joan, enjoy a magical moment!

Low Season<mark>: April to May</mark> ½ day: 2350€ + VAT Full day: 3200€ + VAT



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Outdoor April to Oct.



High Season: June to October ½ day: 3250€ + VAT Full day: 4600€ + VAT Reconnect with yourself



Relax

Sailing trip

Navigation / Discovery / Sea air

If you'd like to offer your team an unforgettable outing at sea, a sailing trip from the Port of l'Escala is the solution. Our sailing boats can accommodate up to 11 people.

For groups of more than 11 people, we will provide several boats.

On the programme: sailing, swimming, snorkelling...

* Boat of 11 people



3h



Outdoor March to Oct.

Up to 50 participants

Relax

Reconnect with yourself



Sailing Regatta

Intensity / Race / Sea

On the programme, participants will have to learn how to sail and organise themselves to get the most out of the boat! Organisation and tack changes will be the key to success!

Always under the supervision of an instructor and with every guarantee of safety.

Note: up to 15 people, 3 identical 7-metre sailboats, latest generation and high speed From 16 to 36 people, 6 boats from 10 to 12 m

> From 11 to 15 people: 1900€ + VAT 16 to 24 people: 3700€ + VAT 25 to 30 people: 4700€ + VAT More than 30 people: 5700€ + VAT





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Outdoor



Up to 26

March to Oct.



cipants

Relax

Reconnect with yourself



Light sailing Regatta

Surpassing yourself / Discovery / Sharing

On the programme this time is a light sailing regatta! More responsive, and also more accessible for the navigation part.

Info: Up to 15 people, 3 identical, latest-generation, very fast 7-metre sailboats From 16 to 35 people 6 sailboats between 10 and 12 metres in length

5 boats for a total capacity of 25 people



Reconnect with yourself



Radeaux-Paddle Race

Challenge / Sea / Sport

Participants will have to be able to build a raft from 4 surf paddles and row together to complete a course.

The paddlers have to organise themselves to create a base for navigation and then coordinate to move the raft.

The first team to arrive will have won the great challenge!





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Oudoor May to Sept.



3h

Relax

Reconnect with yourself

Kayak excursion

Sightseeing / Sport / Swimming

Come and take advantage of the exceptional climate we enjoy on the Costa Brava for sea kayaking.

To discover the region, participants will learn to kayak and set off with an instructor to discover the Montgri Natural Park.

Guaranteed to take you through some spectacular areas!



Ou Ma

Outdoor March to Sept.

Up to 35 participants



(Evenings & festive entertainment)

At the beginning everyone was a bit shy and after an hour it was crazy. We had people who didn't necessarily have the profile and ended up dancing to Claude François. Our young recruits enjoyed themselves and felt part of the group.



Felipe - Construction and civil engineering





Drumming Session

Music / Communication / Originality

Creating through music can be the perfect opportunity for members of your team to get to know each other better. This original way of bringing people together is led by a professional and passionate percussionist.

It's a playful approach that lets you have fun and share your impressions to the rhythm of percussion instruments, clapping your hands, moving your body and using your voice.

Participants will become members of a real orchestra!



1h



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Indoor or outdoor



Up to 50



Haka!

Pride / Emotion / Communion

The Haka is a ritual dance sung by the islanders of the South Pacific and performed at ceremonies, welcome parties or before going off to war. The Maoris have made it world-famous by the New Zealand rugby union team, who have been performing it before their matches since 1905.

Learn the famous All Blacks Haka, the words and the choreography with a specialist presenter!



From 15 to 19 people: 58€ /pers + VAT

45min/1h

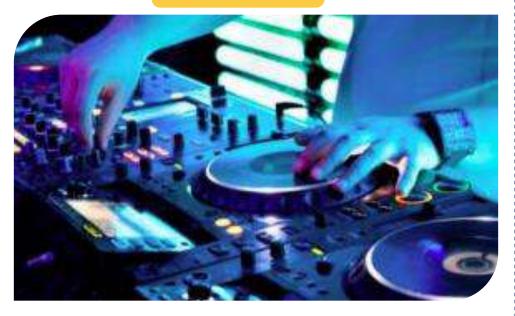
Indoor or

outdoor

All team sizes

Minimum charge 15 people From 20 to 39 participants: 52€ /pers + VAT 40 to 70 people: 48€ /pers + VAT

From 31 to 50 participants: 48€ /pers + VAT Minimum charge 15 people



DJ night

Relaxation / Music / Letting go

Our DJ will provide you with a selection of the best music and lively rhythms to dance to, or celebrate a party.

We will arrange the best space for you in the Mas, depending on the number of people and the season.

EXCLUSIVITY OF THE HOUSE NECESSARY!



3h



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Indoor or outdoor

All team sizes

Celebrat



Professional photographer

Memory / Emotion / Together

Are you looking to immortalise your seminar? On a team-building activity, during a walk, a sea outing or an evening out?

Would you like to take studio photos of each member of your team? Then make the most of being together and get a professional photographer to come to the Mas!





Indoor or outdoor

All team sizes

R

2-hour session: 550€ + VAT 4-hour session: 1000€ + VAT 7-hour session: 1400€ + VAT

Artists



Close Up Magician

Fun / Curiosity / Surprise

Let yourself be carried away by the interactive magic of this artist who will help you discover the mysteries of magic.

Ideal for the aperitif, this magician will show you his art with humour and dynamism!



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550€ + VAT

Indoor or outdoor

All team sizes

Celebrat



Magic mirror

Memory / Emotion / Technology

The Photobooth Mirror is a versatile and different photobooth with which to surprise and add an elegant touch to your seminar. At first glance, it looks like a normal mirror, but then there's the magic... When you touch it, it interacts with various animations that appear in the mirror! It's the mirror that captures your photos.

- 2 hours unlimited photo printing
- Accessories
- USB with all photos in digital format
- 2 technicians



Artists



Live music - Moshka

Live music / Discovery / Talent

It's time for a festive musical aperitif!

Guitar-apéro is a great combination for creating a real atmosphere and spending some quality time together! Our artist, Moshka, will be delighted to join you!

- → He can also bring his own live band, quote on request!
- ➔ Other artist possibilities depending on Moshka's availability





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Indoor or outdoor

All team sizes



Artists



Flamenco Show

Tradition / Emotion / Vibration

Live before your very eyes, a true demonstration of Flamenco. Led by our team of professional dancers and our guitarist (the make-up may vary according to budget), you'll enjoy a unique experience full of emotion and vibrancy!

If you're feeling more motivated, our dancers will be delighted to invite you to share a few dances!





Indoor or outdoor

All team sizes

Trio of dancers: 850€ + VAT Quartet (3 dancers and a guitarist): 1600€ + VAT

Our happiness at Châteauform' ...

It means working every day to satisfy you, and beyond.

It means putting our 30 years of experience in hospitality * at your Service.

To design your events, we work with partners who share our commitment.

Because it is hrough exacting standards and attention to detail that the magic of your seminars is created.

So we look forward to seeing you soon to create new memories!

Your Châteauform' teams

*30 years already? We haven't seen the time pass by your side

