

NEWSLETTER #8:

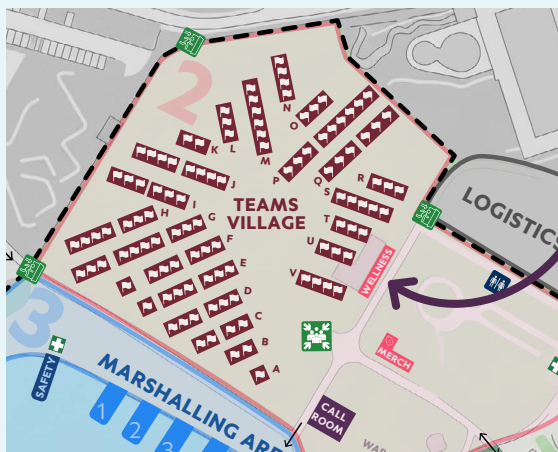
HEALTH & WELLNESS AT THE FESTIVAL

<< It is time to take the time >>





THE HEALTH & WELLNESS AREA



The 2026 IBCPC Dragon Boat festival is delighted to welcome all participants to a dedicated **Health & Wellness Area** located in the Participants' Village.

Please note: The services offered in this area are provided by independent and qualified professionals. The Organising Committee facilitates access and provides facilities but is not responsible for the services delivered.

The **Health & Wellness Area** is open every day from Monday 24 August to Saturday 29 August. It consists of two sections:



HEALTH

Three general practitioners will be available to assist with minor health concerns:

Dr Sophie De la Condamine, Dr Aurélie Carey and Dr Hala Akkawi are available from 10:30 am to 12:00 pm, and 4:30 pm to 6:00 pm.



Dr Aurélie Carey



Dr Hala Akkawi



Dr Sophie
de la Condamine

KEY INFORMATION

3 General Practitioners

Dates:
24-29 August

Opening hours:
10.30am - 12am
4.30pm - 6pm

All three doctors are experienced dragon boat paddlers and have long supported Breast Cancer Survivor teams at major events, including the United Ladies canoe expedition along the Loire River.



WELLNESS

A team of four sports massage therapists will offer specialised treatments to support muscular recovery and overall well being.

**Monday 24th to
Thursday 27th August**

25-minute paid massages (to be booked)

Booking :

<https://azurmassage.simplybook.it#book>

Price : 35€ per session

**Friday 28th to
Saturday 29th August**

Free 20-minute massages

About the Suédosportif Massage

The Suédosportif® Massage is a highly specialised muscle recovery and wellness massage designed for elite athletes and sports participants of all disciplines.



- It combines advanced techniques including:
- Swedish massage
- Deep tissue massage
- Passive stretching
- Thai massage techniques
- Relaxation and stress-release techniques

Highly adaptable, it targets individual muscular needs, promotes deep relaxation, and supports mental well being

Benefits include:

- Reduced muscle tension and soreness
- Faster recovery after training or competition
- Improved performance preparation
- Ideal after long haul travel or before dragon boat racing

All therapists at 2026 IBCPC Dragon Boat Festival are certified in Suédosportif® Massage and specialise in athletic recovery.

Please note: These treatments are non medical. In case of injury, please consult the medical team on site.

Gaëlle Le Corre Creator of the Suédosportif® Massage



Gaëlle Le Corre is a former sports coach and massage therapist, co founder and director of Azur Massages Training Centre in Savoie. Since 2004, she has trained practitioners in wellness and sports massage. Together with Canadian therapist Daniel Paré, she developed Suédosportif® Massage to meet athletes' needs for performance preparation and post exercise recovery. Learn more : https://www.instagram.com/azur_massages_formations/

KEY INFORMATION

4 massage therapists

Dates: 24 - 29 August

28 - 29 August : Free of charge 20-minute massages

24-27 August : Paid 25-minute massages

Booking : <https://azurmassage.simplybook.it#book>

You can also book at the Festival site.

Need a personalized post-race recovery massage?

Book your **Suédosportif® Recovery Massage** now and treat yourself to the luxury of fast, effective recovery so you can get back to training and focus on your next goal.

The Suédosportif® massage team, specialists in sports massage at endurance events, is here to take care of you. Book a session in advance to guarantee your preferred time slot.

Your session will be fully tailored to your needs on the day: back, lower limbs, muscle recovery, or a full-body treatment—we'll decide together based on how you're feeling.

Whether you want to release muscle tension, recover from your race with less soreness, restore your energy, or simply enjoy a well-deserved moment of relaxation, every appointment begins with a personal consultation to create a treatment designed just for you. Your massage will be provided by Gaëlle Le Corre or another highly qualified practitioner trained and certified in Suédosportif® Massage.

Please note: Availability is limited, so be sure to book early!

BOOK ONLINE

Bookings also possible at the festival site.

FIRST AID STATIONS



Our emergency response team ensures continuous safety for all participants and spectators.

Mission :

- Provide immediate first aid
- Monitor health and safety throughout the event
- Support prevention measures
- Coordinate with public emergency services when needed

Professionals are on site to respond quickly to injuries or emergencies and organise transfers to appropriate medical facilities.

The first aid stations are located here.



YOGA TIME FREE PUBLIC ACTIVITY



Aix les Bains, renowned for wellness and relaxation, invites participants to join the **6th edition of Yoga Time** on **Wednesday 26 August** at the Théâtre de Verdure.

This large open air gathering welcomes more than **400 participants** each year. Created in 2021, Yoga Time promotes accessible, pressure free well being for all.

Guided by yoga and Pilates teacher Marion Perivolas, the session blends mobility, breathwork, gentle strengthening and deep relaxation in a modern, inclusive atmosphere.

PRACTICAL INFORMATION

Wednesday 26 August

Public welcome from 6:00 pm

Yoga session: 7:00 pm – 8:15 pm

at «Théâtre de Verdure », Aix-les-Bains

Free admission

Food truck available on site

Registration recommended: www.marionperivolas.fr

The **Health & Wellness Area** is here to support your comfort, recovery and well being throughout 2026 IBCPC Dragon Boat Festival.

Enjoy the services available, stay in tune with your body and make the most of your time in Aix les Bains.