

# Le petit portail

The hectic pace of contemporary life, coupled with the ubiquity of digital and virtual worlds, is putting unprecedented pressure on our minds and bodies, leading to increased symptoms of loneliness and isolation.

In addition, stress, a risk factor for many pathologies, is present in the lives of 50% of urban populations. It has been linked to disorders ranging from insomnia and hypertension to heart disease, with an estimated annual cost to health systems and national economies running into the billions.

**The Petit Portail** is an innovative project that aims to create **a space for resocialisation and well-being.**

Conceived as **a place outside of time**, this centre for teaching contemplative and manual practices aims **to reconcile individuals with themselves, others, and nature.**

In a world plagued by tumult and dispersion, this centre offers a return to our roots through soothing and creative activities, offering **a space of tranquillity.**

Le Petit Portail responds to these challenges by offering a space where everyone can reconnect with themselves and with nature, away from digital distractions and everyday stress. By uniting contemplative practices and manual work, this centre aspires to be a remedy for the ills of our time, offering a path to a more balanced and healthy life



Manual work offers substantial mental health benefits, including reducing stress, anxiety, and improving cognitive health.

*The Journal of Health Psychology reported that 45 minutes of manual creative activity per day can significantly decrease levels of the stress hormone cortisol.*



In addition, engaging in manual practices is associated with a sense of accomplishment, increased self-esteem, and better emotional well-being.



## MÉDITATION & MANUAL WORKING IN HARMONY

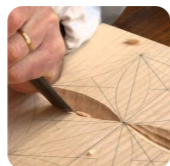
To free yourself from tension, various manual and creative activities are effective. They allow you to focus on something other than the source of stress, to take time for yourself, and to occupy both your hands and your mind. By combining manual practices and meditation, we develop patience, attention and presence in the moment.

### THE BENEFITS

The benefits of these activities are numerous: they allow you to get involved, to choose, to mobilize yourself physically and psychologically.

### HELP REDUCE STRESS

These practices help to relax, decompress, fight stress, free your mind from negative thoughts and regulate your emotions.



## A UNIQUE PLACE, IN A UNIQUE NATURAL SETTING

*Architecture dedicated to peace of mind and well-being*

Le Petit Portail is envisioned to take its place in the heart of the Monédières, a region of the Nouvelle Aquitaine region that epitomizes tranquility and purity. Nestled in the undulating folds of this unspoiled landscape, far from the hustle and bustle of urban life, it offers an ideal environment for physical and mental health.

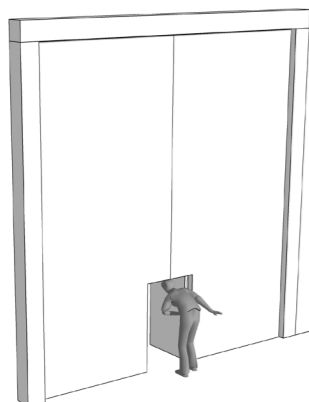
Reception - Meditation room - Room of silence - Multi-purpose activity room - Workshops  
Meditation and contemplation gardens - Relaxation areas - Library - Fire pit - Lodging - Refectory - Tearoom - Boutique - Offices - Meeting room - Nursery - Infirmary - Kitchen garden - Orchard - Ponds - Flower gardens - Promenades





ON ARRIVAL

*It's so low I bow down  
To cross it  
It obliges my modesty  
My humility  
Invites you to greet the earth  
With a simple gesture  
Believing me incapable of it  
Light  
My heart has opened  
I'm ready*



**The Little Portail** aspires to be much more than just a place to stay; it aims to be a source of personal and collective transformation.

We want every person who walks through our doors to leave with a renewed sense of balance, clarity of mind, and strength of heart that allows them to navigate the tumult of modern life with grace and resilience.

Our intention is for our visitors to take with them the seeds of caring, mindfulness, and joy, ready to cultivate a future where prosperity is not only material, but deeply rooted in mental health, community, cooperation, and harmony with nature.

**The Petit Portail** is not only a place of passage; It is a pilgrimage to the best version of oneself, a commitment to forge a more conscious and loving world for all of us and future generations.

*To build **Le petit Portail** we are looking for facilitators, contributors and donors so that this **centre of contemplative and manual practices** can see the light of day in 2026.*

*For a copy of the project file, please contact Christian Fanguin at the coordinates below:*

Project presented by Christian Fanguin

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[www.lepetitportail.com](http://www.lepetitportail.com)



# le petit portail

CENTRE FOR CONTEMPLATIVE AND MANUAL PRACTICES



Well being



Nature



Harmony

ON DEPARTURE

*Here I am  
Freed from the weight of my expectations  
I find my verticality Lighter  
I see the passage  
He welcomes me  
I smile*

