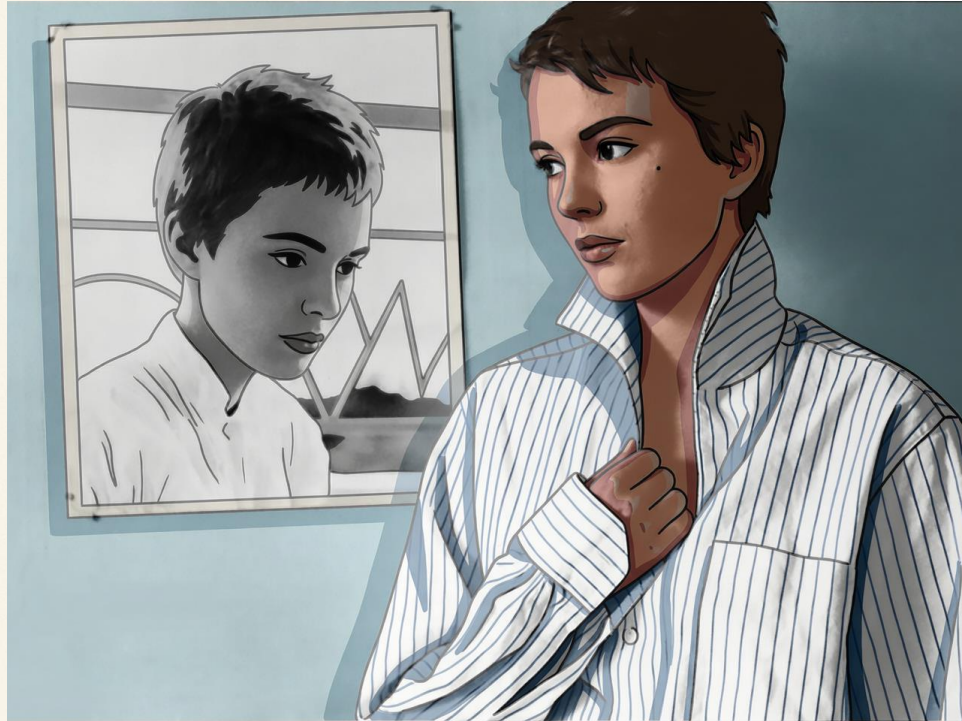




Violette
à LUNETTES
Gestora feminista

Set your own pace



À Bout
de souffle

Will you be able to see yourself
with the kind eyes your friend does?

Rest without guilt

Slow down



Breathe

Dear super woman,

Maybe you'll recognize yourself in this...

From one meeting to the next, from one obligation to another, juggling all that's expected of you – at home, at work, in your body, in your mind. Between meetings, meals to prepare, homework to supervise, and rides to extracurricular activities...

You've done everything right: studied, traveled, built a demanding career, lived each day with discipline, energy, and heart.

You are competent, reliable, committed. But sometimes, a quiet doubt creeps in. You push your limits, rarely celebrate your **successes**. You keep going, always forward, without truly savoring.

There are the visible tasks — housework, job, meals, appointments, kids' activities — and then the invisible ones: thinking ahead, carrying the weight for others, organizing, anticipating.

You do your best, all the time. And still... a little voice whispers that something's missing. A space for you. A breath. What if your life could become your most precious project?

Out of feminist commitment

Violette à Lunettes is here to help you adjust your focus, to look differently – and more gently – at what you're experiencing, what you want, and what you can transform.

This is not support to be “more productive” or “happier” within a system that exploits us. We don't sell self-help. We offer critical perspective, structure, and community.

We stand for:

- Recognizing structural limitations imposed on women
- A life worth living
- The political and spiritual value of care
- Putting life and care at the centre: respecting people, animals, plants, and ecosystems

This is a personal journey, yes, but deeply rooted in the collective.

We don't seek perfect consistency— we strive for shared awareness and lucid resilience.



Programme À bout de souffle

Type	#Sessions	Duration	Standard (€)	Support (€)	Solidarity (€)	Avg. Solidarity
Individual session	1	60 min	120	150	90	90.0
5 session pack	5	Up to 2 months	600	750	450	
12 session pack	12	Up to 3 months	1440	1800	1080	
24 session pack	24	Up to 6 months	2880	3600	2160	
25 session pack	25	Up to 9 months	3000	3750	2250	
Introductory group workshop	-	120 min.	40	60	20	

Online	Type	#Sessions	Duration	Standard (€)	Support (€)	Solidarity (€)	Avg. Solidarity
	Individual session	1	60 min	100	130	70	70.0
	5 session pack	5	Up to 2 months	500	650	350	
	12 session pack	12	Up to 3 months	1200	1560	840	
	24 session pack	24	Up to 6 months	2400	3120	1680	
	25 session pack	25	Up to 9 months	2500	3250	1750	
Introductory group workshop	-	120 min.	40	60	20		

* The solidarity tariff is designed for people with low or unstable incomes.

** The support tariff allows to finance the solidarity tariffs and to support the project.

Infos:

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