



There is no doubting that the Greeks had vision. In the 4th century they sailed into what they named Antipolis, the etymology of the name derived from “the opposite city”, referring to Nice which already existed.

The Greeks stamped their settlement by building temples and monuments thereby leaving a strong cultural and artistic inheritance. The accumulated remnants of the antique Greek ruins enabled the Middle Age and the Renaissance to flourish and gave birth to the Chateau Grimaldi which is today the Picasso Museum. Not far from the coast, you'll see the Fort Carré which was originally built on an old Roman site. It became fundamental to the city and the port's protection against successive attacks over the centuries, namely the 1592 attack by the Duc d'Épernon, mandated by Henry IV to reconquer the city from the Duc de Savoie. Let's not forget the Austro – Sardis siege that lasted 57 days. Louis XVIII, in recognition of their valiant resistance, honored the city by promoting it to the rank of “Bonne Ville”.

Today Antibes is a living and beautifully maintained city with its world renowned ‘Cap’ studded with luxurious villas and dissimulated beaches and bays, making it a favorite retreat of the ‘Happy Few’.

Antibes is a ‘must’ as a holiday destination where you will enjoy your aperitif or dining on the terrace of the Hotel Belles Rives, where if you happen to be



Nicole - magic in Antibes

there in July, you will hear some of the world's most famous musicians play during the ‘Juan- les- Pins Jazz Festival’. If you enjoy more symphonic music, then wonder on to the Villa Eilen Roc and bask in the wafting sounds of their concerts and operas.

While you're there, enjoying the lapping blue water overlooking the Baie des Anges of Nice and the sandy beaches take the time to learn how to create the future you want by attending one of

Nicole's amazing workshops.

Run by an English speaking Italian gigabyte lady who inspires and energizes you into all you want to have and be. You will enjoy her interactive, fun and powerful techniques which will enable you to reprogram your brain thereby allowing you to achieve your goals and live your dreams. For more information look at the website: www.centpourcent-faisable.com

Trained in the States and working in Europe she runs the 100%YOURS Ltd tailor made workshops for individuals, sports teams and corporations. Her workshops are fun and definitely a thing to experience while vacationing. If you are lucky to catch one of her seminars which she organizes in London as well as at a waterside villa with an incomparable view over the old walls of Antibes from where Claude Monet sat and painted his two famous oils “Les Remparts d'Antibes” and “Le Matin à Antibes”... jump at the chance.

This magical city, through art and culture offers you all of this and even more! It will imprint its souvenir in your memory for ever.

Francesco Sala



Antibes