

PRACTICAL INFORMATION

5th L.I.F.E.-System World Congress

Saturday 25th, Sunday 26th & Monday 27th October 2025
At the Hotel Saint Paul in Nice. Reception begins at 8:30 a.m

A peaceful seaside location, a 10-minute walk from the port of Nice,
combining calmness and urban proximity.

Participation possible in person or via videoconference

In-person participation is recommended. By coming to the event, you can take full advantage of the opportunity to interact with others, meet people from around the world, enjoy the exceptional setting of Nice, watch live demonstrations, and even participate in a prize draw reserved for those in attendance.

Bonus: workshop day – Monday, 27 October

A day of in-person workshops offered on the L.I.F.E.-System exclusively for conference participants. Prepare to extend your stay!

Accommodation

The Saint Paul Hotel has a limited number of rooms. Book quickly!
Other accommodation options are available nearby. [See the list of nearby hotels by clicking here.](#)

Lunch Time

Meals are not included. However, a meal plan is available on site (€34 per meal), upon registration and without obligation (limited places available).

Languages & translations

Conferences in **French** and **English** with simultaneous translation.
Please bring your phone and headphones to access the translations.

Demonstrations & discussions

Discover the programmes, test the equipment, and chat with our team in dedicated areas.

Games & gifts

Surprises, raffles and prize giveaways will enliven the conference.

No scanner required

Avoid the risk of carrying your L.I.F.E. System unnecessarily.

Couples rate

The accompanying person benefits from a reduced rate to share the experience with ease.
A welcome kit for two awaits you upon arrival.

Club L.I.F.E.-System Europe

The LIFE-System Europe Club, led by expert Nelda Lapostat, offers weekly classes, access to the private community group and exclusive benefits for just €300 per year. [Join by clicking here](#)

Accessibility

From Nice-Ville train station

 **By bus:** take line 98 (from Port Lympia). Get off at La Réserve.

 **By car/taxi:** approximately 15 to 20 minutes depending on traffic.

From Nice Côte d'Azur Airport

 **By tram:** take line 2 towards Port Lympia to Garibaldi, then walk 15 minutes to the hotel.

 **By car/taxi:** approximately 25 minutes depending on traffic.

 **Parking:** 40 spaces available on site and several parking options nearby (Bld Franck Pilatte/Parc Vigier).

