



Blissful Recharge Retreat

*"for connection and inspiration through
yoga and nourishing food"*

Our wonderful French Retreat for women is a space for connection, inspiration and nourishment.

Starting midmorning on Friday the 5th of June 2020 and closing Monday the 8th of June, our Retreat runs over 3 days and 3 nights. During this time you will be taken care of with an outstanding delicate touch. The practices will take you out of the daily routine looking to fully replenish your body, mind and soul, with plenty of space to breathe and increase your vitality.

Do you spend a lot of your time caring for others?
If so, then get in touch now to book your place, you deserve some time to be pampered.

Many retreaters come alone but be assured that you will be welcomed with love and it is likely you will leave feeling like family.



Get in touch:
hej@letsyoga.dk

A photograph of three people sitting in a meditative lotus position on a tiled floor in a bright, sunlit room. Large windows in the background let in natural light. The word "CONNECT" is overlaid in large white capital letters.

CONNECT

The practice...

The Retreat is designed to be an uplifting and deeply restorative experience.

Your yoga classes will be run by Johanna Grundy from Let's Yoga Denmark and will include Dynamic Flow as well as Restorative sessions to give you an experience of wellbeing, nourishment and revitalisation. We will also be taking the opportunity to use our yoga practice to connect with each other throughout the Retreat. Each yoga class will be centered around a specific theme to help you deepen your practice.

We'll be nourishing you from the ground up with:

- Dynamic & Restorative Yoga
- Guided Meditations, Yoga Nidra & Sound Journeys
 - Cacao Ceremony
- Head & Shoulders massage

Plus free time in between to relax or enjoy nearby cultural experiences!

Please note - NO EXPERIENCE is required for any of these practices. Just an openness and willingness to connect with yourself and have fun.
EVERYTHING is optional.

A photograph of a warm, cozy interior scene featuring lit candles and a lantern. The word "INSPIRE" is overlaid in large white capital letters.

INSPIRE

The food...

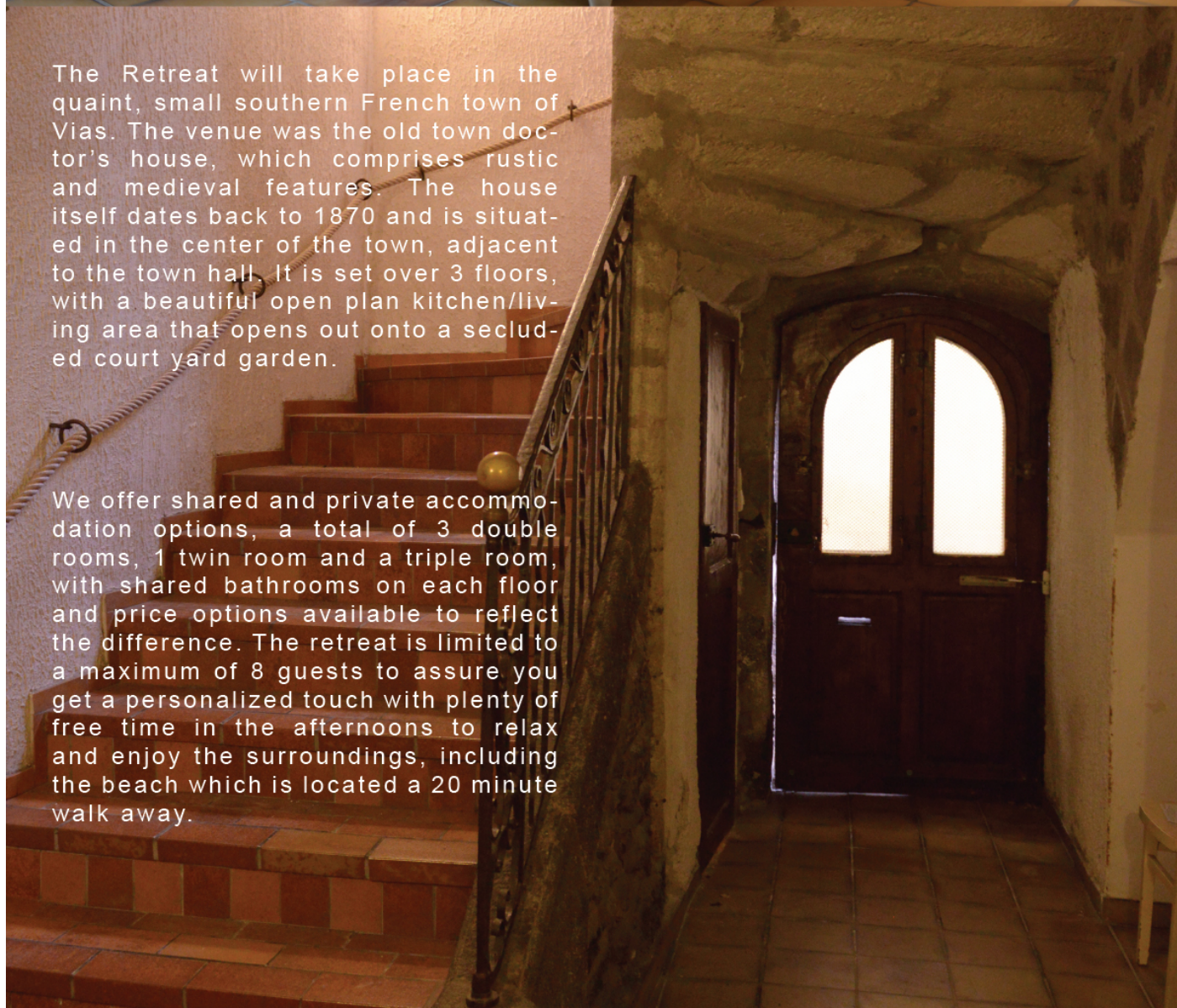
We will offer delicious, nutritious food, vegetarian and predominantly plant based, homemade with love and care. Think wholesome ingredients paired with superfoods high in antioxidants, cleansing drinks, energising teas and tasty snacks (using mostly produce from the local market, grown in the sun). No alcohol will be served but you are welcome to purchase some from the nearby wine cellar, afterall it is the south of France.

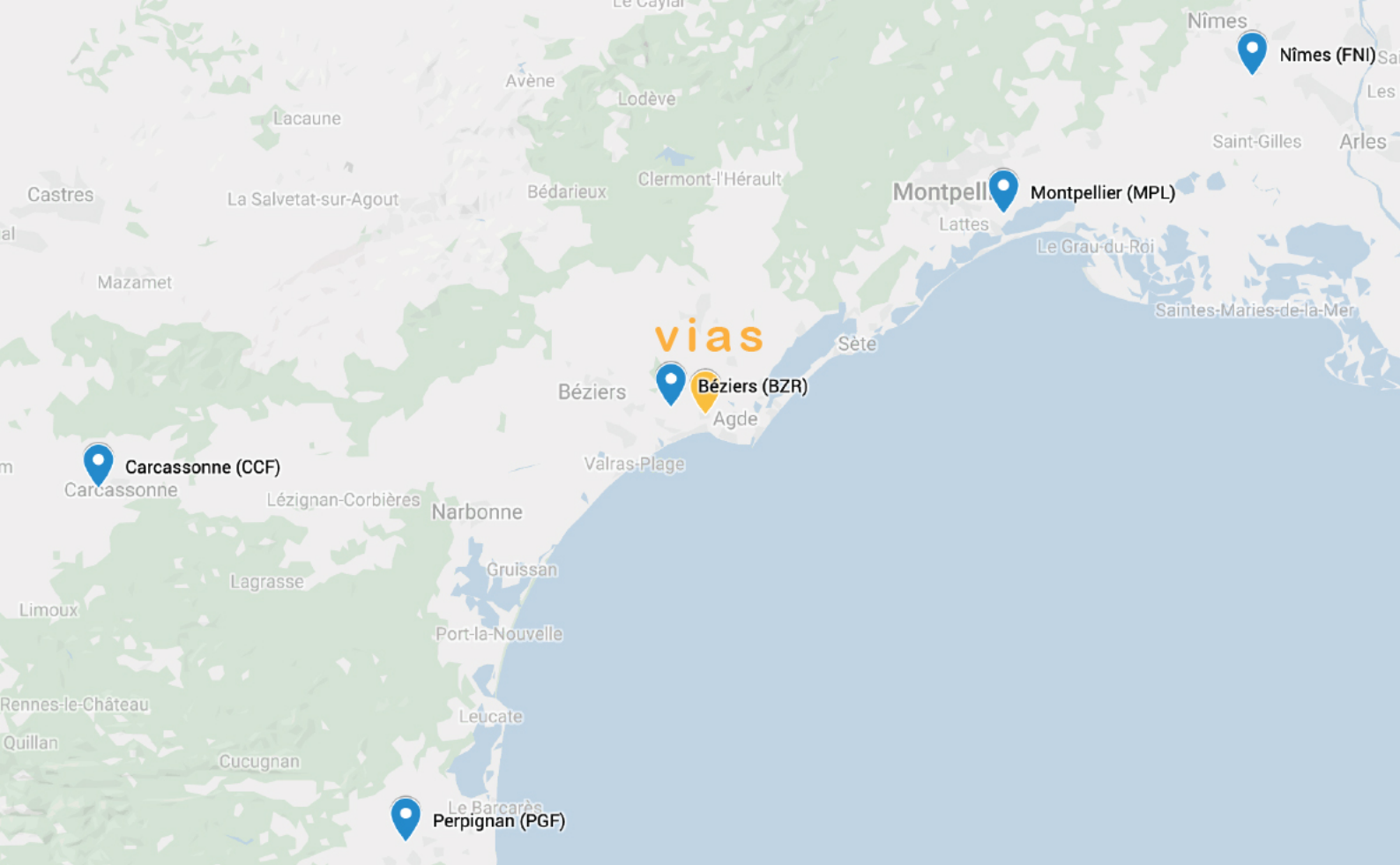




The Retreat will take place in the quaint, small southern French town of Vias. The venue was the old town doctor's house, which comprises rustic and medieval features. The house itself dates back to 1870 and is situated in the center of the town, adjacent to the town hall. It is set over 3 floors, with a beautiful open plan kitchen/living area that opens out onto a secluded court yard garden.

We offer shared and private accommodation options, a total of 3 double rooms, 1 twin room and a triple room, with shared bathrooms on each floor and price options available to reflect the difference. The retreat is limited to a maximum of 8 guests to assure you get a personalized touch with plenty of free time in the afternoons to relax and enjoy the surroundings, including the beach which is located a 20 minute walk away.





How to get here...

Closest Airport: Beziers.

There are currently direct flights from London to Beziers
and from Copenhagen to Montpellier - Free Transfers included.

Other airports nearby: Perpignan or Carcassone (require you making your own
arrangements for transfers).

(we are happy to offer assistance with finding flights if required)



About your hosts...



Johanna Grundy

I am a welcoming person who caters yoga classes to the individuals attending. I trained with the World Conscious Yoga Family in Rishikesh, India back in 2009 and have attended many continued education courses between then and now. My sessions are flowing, intuitive, physical, calming and light hearted. As a recovering perfectionist myself, I do not expect my students to be perfect, I embrace each individual person and respect that they are on their own personal journey in life. I will be available to help you with your needs throughout the retreat.



Rachel Buisson-Lex

I am a midwife and a mother of 2, with a long history of staying in Vias since I was a child. The practice of yoga has been my sanctuary and resource for many years and I am thrilled to be involved in hosting you all for this revitalising retreat. I am currently studying naturopathic nutrition and along with Idaira I will ensure you leave feeling nourished from the moment you arrive.



Idaira Pardo

With a personal yoga practice of over 12 years that has taken place all over the world, I find yoga my own path to physical and mental health, a platform to renewed energies, clarity and inspiration. I am an intuitive person, easy to communicate with and with a very healing touch, I will be offering massages and also showering you with my warm hospitality so your needs will be catered for.



About the investment...

Costs per person are based on your preferred type of accommodation.



Romarin: is a fully Private Double Room on the first floor (sharing bathroom facilities with the other rooms on the same floor) for single use (double bed)
Regular £600/5.250dkk Early Bird* £560/4.900dkk



Lavande: is a twin room on the first floor to be shared by 2 people (sharing bathroom facilities with the other rooms on the same floor).
Regular £460/4.025dkk pp. Early Bird* £420/3.675dkk pp



Thyme: is a fully Private Double Room on the first floor (sharing bathroom facilities with the other rooms on the same floor) for single use (double bed).
Regular £600 5.250dkk Early Bird* £560/4.900dkk



Coquelicot: Fully Private Double Room on the second floor (sharing bathroom facilities with the other rooms on the same floor)
For single use (double bed).
Regular £600/5.250dkk Early Bird* £560/4.900dkk



Poppy: Shared triple room on the second floor, offering a double bed and a bunk bed (sharing bathroom facilities with the other rooms on the same floor) at a special rate of £380/3.325dkk pp (early bird not applicable to this rates).

(*Early bird bookings to be confirmed and paid no later than Friday 14th February 2020. A perfect love-yourself Valentine's gift!)

Proposed itinerary...

Friday 5th of June

Arrival and transfers with welcome hydrating drink and pick-me-up snacks

Brunch and introductions through the day

Early Dinner

Yoga Nidra with Sound meditation

Saturday 6th of June

Cacao Ceremony and Dynamic yoga

Brunch

Free time to explore the vibrant local food market

Outing to discover the beautiful and artistic town of Pezenas (optional but highly recommended)

Yin/Restorative yoga

Dinner

Sunday 7th of June

Smoothie and Dynamic yoga

Leisurely Brunch

Outing to the beach (mindfulness) with light picnic

Restorative yoga

Dinner and sharing circle

Monday 8th of June

Smoothie and Farewell yoga (depending on flight timings)





What's included?

- 6 yoga and mindfulness sessions
- One 30 minute head/shoulder massage per person
- Private and shared accommodation options
- Light morning refreshments, large delicious brunch, dinner and dessert. All meals, snacks and non alcoholic drinks in the venue lovingly made by Idaira and Rachel (any meals outside the venue will be at your own cost)
- A take home gift bag loaded with handcrafted organic goodies for your body and soul
- Car transfers to Beziers Airport and Montpellier – inbound and outbound (other airports might require that you make your own way with our assistance). Car transfer to the town of Pezenas and to and from the local beach
- A little takeaway bag with fruit and snacks for your flight home
- Lots of love and support from us.

For enquiries and bookings please contact

Johanna at: hej@letsyoga.dk

or

Idaira on: +44(0)7900031315