

# UNWIND À LA FRANÇAISE

## A COUNTRYSIDE RETREAT

### Welcome

Below is a sample outline of how our days will unfold.

Everything on this itinerary is entirely optional, and subject to change.

This week is about listening to your own rhythm and moving at your own pace.

Pose Breakdown & Support - Free time is completely yours, but if you ever want to spend 15 or 20 minutes breaking down a posture you're struggling with, please just ask! I am always happy to hang out in the studio, look at your alignment, and find a modifications or variations that feel right for you.

***To Note: Time & flight depending*** – we will visit the famous Lourdes Basilica Sanctuary of our Lady of Lourdes on arrival or before heading to the airport on our return.

*For guests who wish to sightsee and travel to different locations on a daily basis, hiring a car is essential. Our rural location is wonderfully peaceful, and a car offers the freedom to explore the beautiful surrounding Gascon countryside at your own pace.*

*If you would like a treatment, please don't forget to book your treatment time with Paula at time of booking so we can seamlessly fit it into your afternoon free time! In addition, if there is any specific trip, activity or bike hire required, please let me know in advance of departure.*

## Day 1: Arrival & Welcome

- **Arrival & Settle In:** Welcome drinks - unpack, explore the grounds - take a refreshing dip in the pool.
- **6:00 PM – 7:15 PM | Opening Circle & Yoga Practice – Welcome &** Introductions followed by a slow gentle Yoga practice to stretch out from our journey, and an opportunity to set intentions for the week.
- **7:30 PM | Welcome Dinner** A nourishing, locally sourced dinner served in the farmhouse garden.

## Day 2 to 4:

### The Morning: Energise & Nourish

- **8.00 AM | Breakfast**
- **9:30 AM – 11:00 AM | Soulful Flow** Over the course of the retreat, we will refine this same beautiful sequence, allowing your body to build confidence, and flow effortlessly.

### The Afternoon: Rest & Adventure

- **1:00 PM | Vegetarian Lunch**
- **2PM | Explore:** Countryside Walk/Cycle/Local Village Visit
- **Afternoon | Free Time, Therapies** This is your time to spend exactly as you wish.
  - ❖ *Relax at the Farmhouse:* Lounge by the swimming pool or find a quiet corner in our hidden gardens.
  - ❖ *Wellness Treatments:* Indulge in your pre-booked, tailored treatment time with our wonderful therapist, Paula.

### The Evening: Unwind & Savour

- **5:30 PM – 6:45 PM | Evening Yoga Practice** A slow-paced, practice think Restorative & Yin to soothe the nervous system.
- **7:30 PM | Three-Course Farmhouse Dinner** Gather together to share stories and savour beautifully prepared French-inspired meals.
- **9:00 PM onwards | Stargazing & Quiet Time – Guided Meditation/Yoga Nidra.** Enjoy a glass of local wine under the unpolluted night skies. Chat or head to bed for a deeply restful sleep.



## Day 5: Departure

- **8:30 AM – 9:45 AM | Closing Circle & Flow Practice.**
- **10:00 AM | Farewell Breakfast** One final delicious meal together before departing.
- **11:00 AM | Check-Out & Departures** Depart Pignoulet for Tarbes-Lourdes-Pyrénées Airport, feeling deeply restored and entirely reset.

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