



YOGA AND RECHARGE RETREAT



JOIN US FOR AN OPPORTUNITY TO JOIN US FOR A YOGA RETREAT, HERE AT A GAILLUT. WE ARE IN THE BEAUTIFUL COUNTRYSIDE IN SOUTHERN FRANCE; THE PERFECT PLACE TO COME TO RECHARGE YOUR BATTERIES AND GIVE YOUR BODY AND MIND A THOROUGH M.O.T. FULL BOARD AND CLASSES INCLUSIVE.

DATES: WEDNESDAY 18TH TO SUNDAY 22ND SEPTEMBER 2019



For more details on A Gaillut, please visit
www.grand-gite-gers.com

The practice of yoga poses, also known as Asanas, aims to create space where we were once stuck. It enables us to stretch every corner of our body, to oil those hard to reach joints and to build strength. It also teaches us to become aware of our body and our well being, to listen inwardly, to observe, to respect but also challenge what we need at that moment.

Flo Yoga is based on Vignassa Yoga, which a dynamic yoga class, where one pose, or Asana, flows into the next. Each group of Asanas is followed by a Vignassa, which is 3 poses aiming to realign your spine.

PRICES

£810 for ensuite bedroom for 1 person
£620 per person for two people sharing an ensuite twin bedroom
Prices includes, transfer from/to airport (certain flights), Breakfast, lunch and dinner, Flo Yoga and excursions.

Relax, and enjoy some amazing Yoga with Stefanie, fully insured and qualified with The Yoga Alliance, while Jacqui and Neil from A Gaillut take care of you. We will arrange everything for you from the minute you arrive in France by collecting you from Toulouse airport (based on specific flights), and transfer you to A Gaillut, a beautiful manor house located in the Gers countryside. Breakfast, lunch and dinner will be freshly prepared for you using local products where possible.

The large barn with stunning views over the rolling hills of Southern France is perfect for Flo yoga practice. Weather permitting this can also be done outside, always a magical treat.

On arrival after greetings and settling into your accommodation, there will be a pre dinner one hour yoga practice. Discover the Vignassa and connect to your breath, gentle practice with relaxation.

Daily Flo Yoga sessions:

Morning: 7.45am till 9.15am. Sun salutations: dynamic Vignassa yoga with different emphasis every morning, followed by relaxation. Breakfast served after practice.

Lunch time: 45min (optional) before lunch.

Evening practice: 1h15 Moon salutations: mellow and calming yoga flow, with a long relaxation.

During the rest of the time, you are free to relax by the large swimming pool, soak up the sun on the terraces or find some seclusion in the woods and grounds surrounding the property.

Optional excursions: trip to a local vineyard, a must, being in the Bas Armagnac region and a visit to a local market.



For more details or to book a place, please contact
Jacqui and Neil (A Gaillut)
agailut@orange.fr

Or Stefanie (Flo Yoga)
stefanie_cooke@hotmail.com

