



Yoga Retreat/Vacation in France 2012

June 23 – 30, 2012

Enjoy a week in southwest France luxuriating in the lush countryside. Visit medieval villages and chateaus, bask by a lake, canoe the Tardoire River past mills and chateaus in stunning scenery, browse a very French market at Brantome and visit the beautiful riverside town of Bordeaux with its trams, magnificent cathedral, museums and shops; visit La Rochefoucauld Chateau (and try on medieval clothes + photos); take a trip to Cognac and tour the distillery and yes, let's sample the brandy! We'll be staying in a beautiful 19th Century French *maison* in the charming town of Montbron in Poitou-Charente. Looking out over a gorgeous view of fields and trees, we'll enjoy yoga in the serene garden, and savor home-cooked gourmet cuisine with a French twist and a splash of English tea. The menu includes dairy and free-range eggs, locally-grown fruits and vegetables, the local specialty goat cheese, fish and chicken. And our three-course dinner includes the local aperitif *pineau*, and wine. You'll love the delicious French bread, melt-in-your-mouth croissants and the brie and camembert cheese – ooh la la!

The week program will include am and pm yoga classes, workshops on meditation and stress management, chakras, mudras, yoga philosophy, and an astrology class (individual readings are extra). Experience the bliss of a walking meditation, rest or read in the garden, take a stroll through charming Montbron, enjoy local hikes and a variety of tours. *All activities are optional, you can do as much or as little as you want!*

ACCOMMODATIONS: Double & triple rooms, most with private bath (two rooms share a bathroom), on a first-come-first-served basis. **COST: \$1,395**

- Accommodation
- Three meals and snacks
- Three tours
- Sack lunch when taking a tour
- Two Yoga classes daily
- Yoga, Meditation & Astrology workshops

You're responsible for your air travel. It is suggested that you fly in and out of Paris and enjoy a few days there before and after the retreat. We shall all meet at Montparnasse Train Station on the Saturday for the TGV train to Angouleme and your return train will arrive in Paris the following Saturday at 3 pm (details on registration, please talk to Wendy about your flight plans). Transportation between Angouleme Train Station and the Retreat is arranged.

A non-refundable deposit of **\$400** secures your reservation. **Register ASAP** as many have expressed interest *Space is limited! Maximum number is 12 people per group. First-come-first-served!* 50% of your balance is due November 1st, remainder due April 1st. Yoga Retreat/Vacation may be transferred to another person. See cancellation policy on the Registration Agreement form.

Call or e-mail Wendy@YogawithWendy.com for Registration Form/Trip Participant Agreement. Pay by cash or check made payable to *Yoga with Wendy*, you can pay in class or mail to P.O. Box 3876, Granada Hills, CA 91394. ***If you don't have a roommate, no problem – talk to Wendy!***

For more info, call Wendy at 818-468-8606 or e-mail Wendy@YogawithWendy.com