



Peace through Yoga Southern France

Program Starts: Saturday, July 18th, 2009

Program Ends: Saturday, July 25th, 2009

Trip Leader: Sally Brown, Ph.D., YTT

A week of peace and seclusion is set on a 20 acre magnificent estate in southern France. Two yoga and meditation classes will be given daily with time to also enjoy the outdoors by hiking, biking, and swimming, canoeing, and exploring the unique medieval town nearby.



Itinerary:

Day 1

Arrive at the Toulouse Airport or the train station in Caussade (Tarn-et-Garonne) and transfer to La Roane---your home away from home for the next week. La Roane is peaceful and secluded, set in a 20 acre woodland retreat with wonderful walks to explore, a paradise for nature lovers. Here you will find an abundance of wildlife (deer, hare, and buzzards, singing frogs and butterflies - over 40 species of butterflies recently identified) and wild flowers. Welcome dinner and orientation in the evening. (D)

Day 2

After breakfast at 9:00 a.m., there will be a vinyasa yoga class with Sally followed by deep relaxation. The group room is in an old barn, lovingly and tastefully restored. It has a high ceiling and exposed beams, ideal for yoga, meditation and group work.

Following yoga an excursion is planned to the local town. St Antonin is 3 miles away; a magical medieval town, which retains its original charm. It boasts the oldest civic building in France, the 10th century Town Hall (now a museum), La Maison d'Amour (a mediaeval brothel), and it is the scene of a very colorful market every Sunday. It was the setting of the film 'Charlotte Grey' with Cate Blanchett. You will have the opportunity to buy local products. Return to La Roane for lunch at 1:30 p.m. and relaxation. Late afternoon participate in a yoga/meditative class prior to dinner at 7:30 p.m. (B/L/D)

Day 3

Every morning prior to breakfast at 9 a.m., there will be a half hour stretching and pranayama session with the retreat's host, Nigel Shamash. Nigel has a profound interest in all aspects of the spiritual path, is fun-loving with a special blend of humor and sensitivity. After breakfast there will be an hour and a half vinyasa class, lunch, then leisure time to explore the hiking trails, get a massage, enjoy the sauna, or just relax by the pool. Drinks and snacks are provided between meals. Our yoga class prior to dinner will continue to build our practice of asanas, prana, and meditation. (B/L/D)

Day 4

After our gentle half hour yoga and breakfast, a full day excursion is planned. Flowing through St. Antonin is the River Aveyron, ideal for picnicking, swimming, and hiking. We will spend the day outdoors exploring this area and also stopping at a medieval village with time for coffee and shopping. After dinner enjoy listening to music and singing along to guitar music. (B/L/D)

Day 5

Today will continue to include more of a physical yoga practice in the morning followed by leisure time to swim, bike, read, journal, explore the countryside, and much more. The area around La Roane is great walking and cycling country with the spectacular Gorges de l'Aveyron just a mile away. For the experience of a lifetime, visit the Grotte Trasadou and La Dame Blanche, prehistoric caves that were used by resistance fighters during the

last war. Enjoy a gentle and meditative yoga practice prior to dinner. We have a special evening planned with some villagers joining us for lively conversation. (B/L/D)

Day 6

Following our mid-morning yoga practice a picnic and canoeing excursion is planned. The experience is for all levels and will be one of the highlights. If not interested in taking to the water, a hiking excursion will be offered. Return to La Roane for yoga and evening meal. One of the highlights of La Roane is the food. Delicious vegetarian food is served, freshly prepared for each meal with love and attention. Good local wine is provided with the evening meals. Guests are encouraged to help clear up after meals. (B/L/D)

Day 8

After yoga and breakfast, individuals will be transferred back to the airport for their return flights home. We hope you are taking home memories of a lifetime.

Documents Needed: Passport

Price Per Person: \$1199 (based on double occupancy)

\$500 deposit needed to confirm space; balance due 90 days prior to departure. Space is limited.

Accommodations:

LA ROANE: Guests are housed in 3 beautiful buildings set around a large oval-shaped pool in a lovely sunny spot in the centre of the garden. A sauna and table-tennis table is nearby with a luxury tree house and a yurt in the woods. Delicious vegetarian food is served, freshly prepared for each meal with love and attention. Local wine is provided with the evening meal and drinks and snacks are available at all times.



Inclusions:

- * Seven night accommodations
- * Round trip transfers from airport or train station
- * Daily yoga classes
- * All meals (vegetarian)
- * Wine
- * Drinks and snacks
- * Market day in medieval town
- * Workshop with locals
- * Hiking excursions
- * Canoe trip
- * Bicycling
- * Services of Trip Leader



Your Trip Leader



Sally Brown, Ph.D. (Shakti)

Dr. Sally Brown has been studying yoga for close to twenty years and opened her first studio, *Peace through Yoga*, in 2003. Sally teaches a variety styles ranging from gentle Kripalu and Yoga Therapy to a Power Vinyasa. She has had the fortunate opportunity to have been instructed by some of the world's top teachers. Sally leads annual yoga and meditation retreats to destinations like Costa Rica, France and India, mixed with adventure and/or humanitarian service. Dr. Brown is also Founder and President of the non-profit organization, *Ambassadors for Children*, which serves

children worldwide. She has traveled to over 130 countries. Sally enjoys teaching yoga to children as she travels around the world.

To book this yoga retreat and get assistance with your air arrangements, call Peace through Yoga Reservations at 317-573-3604 or toll-free at 866-326-6110. Or complete the Reservation form and fax to 317-573.3610 or email peacethroughyoga@yahoo.com.

For Travel Insurance, contact [Travelex](#) at (800) 228-9792.