



## **Peace through Yoga**

### **Southern France**

**Program Starts: Saturday, September, 18, 2010**

**Program Ends: Saturday, September 25, 2010**

**Trip Leader: Cassie Stockamp, RYT**

A week of peace and seclusion is set on a 20 acre magnificent estate in southern France. 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 towns 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. 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 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. Dinner will be served every evening at 7:30 p.m.

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 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, pranayama, and meditation. (B/L/D)

## **Day 4**

After our gentle half hour stretching and breakfast, a full day excursion is planned. Flowing through St. Antonin is the River Aveyron, ideal for picnicking, swimming, and hiking. We will visit another medieval town, Cordes, to shop and have coffee as well. Return to La Roanne for a yoga class late afternoon. 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 morning stretch class and breakfast, 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. (B/L/D)

### **Day 7**

Enjoy a full day at LaRoane enjoying yoga in the morning and afternoon with plenty of time to bike, hike, get into the sauna, have a massage, or just relax. (B/L/D)

### **Day 8**

After breakfast, individuals will be transferred back to the airport or train station for their return trip. We hope you are taking home memories of a lifetime.

### **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
- \* Evening with some locals
- \* Hiking excursions
- \* Canoe trip
- \* Bicycling
- \* Services of Trip Leader

## **Documents Needed: Passport**

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

\$1499 Single (if available)

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

*Space is limited so book early.*



## Your Trip Leader



Cassie Stockamp is a dynamic and enthusiastic Vinyasa teacher who was trained under Nancy Schalk of Heartland Yoga in Indiana. She has enjoyed studying with Seane Corn (Vinyasa), Gurmukh (Kundalini), Brian Kest (Ashtanga), and also with many teachers while at the International Yoga Festival in Rishikesh, India.

Cassie enjoys teaching a flowing and athletic form of yoga to help build strength and to improve balance and flexibility. She brings to the mat a Buddhist understanding of how to balance business and life pressures with mindfulness and has spent retreat time with Tich Nhat Hanh's teachings in Colorado.

**To book this yoga retreat and get assistance with your air arrangements, call our Air Desk Manager, Susie Morwick, toll-free at 866-326-6110. Or complete the Reservation form and fax to 317-471-1802. For any specific questions, contact [sally.bassett@peacethroughyoga.com](mailto:sally.bassett@peacethroughyoga.com)**

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