



DAY 1 ARRIVAL

Group transfer from Nice Côte d'Azur Airport. Arrival at La Palud sur Verdon (2.5hrs drive) "basecamp" with refreshments and orientation. Time to explore your new home for the coming week, and freshen up after your flight and get settled in followed by a fresh and healthy home-cooked dinner.

DAY 2 MONDAY

YOGA - followed by sit-down healthy breakfast
 GR4 hike to Rougon Ridge (20 mins drive) with stunning views followed by creperie lunch and a stroll through the village
 Afternoon AIR CHALLENGE
 Massage opportunity
 Afternoon masterclass - Arabian Nights! (middle eastern cooking class)
 Evening refreshments, middle eastern dinner under the stars

DAY 3 TUESDAY

YOGA - followed by healthy breakfast buffet
 Drive to Castellane for white-water RAFTING - followed by shopping and picnic lunch
 Massage opportunity
 Evening FIRE CHALLENGE and meditation followed by refreshments, Thai-themed dinner and lively conversation!



For more details call: USA +1 813-358-7922 or email: kristina@kmyogamovement.com
 FRANCE: +33 6 70 56 0838 or email: lpsv96@lpsvexperience.com



DAY 4 WEDNESDAY

YOGA - followed by breakfast buffet
 Walk to E-biking and cycle around the Routes des Cretes to see vultures and views
 Return to LPSV for lunch OCR (Obstacle Course) incorporating EARTH CHALLENGE
 Massage opportunity
 Sunset cocktails on the terrace and dinner at Verdon Gorges Hotel & Spa

DAY 5 THURSDAY

Healthy breakfast buffet
 Stroll around stunning village of Moustiers St Marie for shopping and ice-cream
 Lunch in the Moustiers with afternoon YOGA and possible OCR or free time
 Evening wine tasting and canapés experience in the forest

DAY 6 FRIDAY

Healthy breakfast buffet
 Lakeside YOGA - followed by KAYAK+WATER CHALLENGE and picnic lunch by the lake
 Free time and massage opportunity
 Evening refreshments, French-themed dinner and lively conversation! SPIRIT award

DAY 7 - SATURDAY

To-Go breakfast early departure for Nice Côte d'Azur Airport



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IMPORTANT THINGS TO NOTE - TERMS & CONDITIONS

INCLUDES

Accommodation in twin sharing rooms/2.5 bathrooms
Group airport transfer
All meals and 2 bottles wine per day included
All activities included* (*e-biking, rafting and kayak is weather permitting - alternatives are: perfume factory, lavender fields, olive oil/honey producer, vineyard)
1 massage per person is included
(*we will have flexibility within the framework to make the most of weather conditions, take advantage of unexpected opportunities - and make sure everyone is happy)
A great host team!
New friends and On-Going Support
Healthy and freshly prepared home cooked meals locally sourced from the region
For any special dietary requirements or allergies, please communicate them in advance
Yoga mats, blankets and blocks

EXCLUDES

Flights
Personal expenses
Individual transfers to and from airport
Health/travel insurance (please do not travel without health insurance)

SUGGESTIONS

- Travel Light
- Minimum of €150 in CASH is recommended
- Credit cards can be used in restaurants and shops
- Use this time to take a digital detox (there is wi-fi however we encourage you to unplug and enjoy lively conversations, listen to nature or simply BE)
- Be open to trying a new way of eating - plant-based/vegetarian
- If you are flying in the day before the scheduled group pick up please let us know and we can recommend hotels close to the Cote D'Azur airport.
- Hiring a car is also an option for those wanting to explore more of France after the retreat.

WHAT TO PACK

Notebook, Journal and pens
Exercise gear such as leggings/shorts/t-shirts/sports bras/tops
Regular underwear/swimwear/sarong/wraps/socks
Fleece/warm jacket - yes it can be cool in the mornings and evenings!
Casual & comfy clothes
Trainers or Hiking Boots
Sandals
Waterproof jacket - sometimes it rains!
Bandana/hat, sunscreen/lip balm
Sunglasses
Any medications you take
Camera/Chargers
The book you have been meaning to read (or start writing one)

To check out the venue run by hosts Louise and Pascale www.lpsvexperience.com



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