



Come be inspired by all that surrounds you





What is the LPSV Experience?

Located in Alpes-de-Haute Provence, France, **LPSV: La Palud sur Verdon** is a small village nestled in the heart of the Grand Canyon of Europe, the Gorges du Verdon. The region boasts a multitude of activity opportunities such as trail running, yoga, cycling, mountain biking, hiking, paragliding, aqua randonee, swimming, climbing, paddleboarding, kayaking, photography, painting, cooking, foraging and much, much more.

LPSV: Louise + Pascale sur Verdon, host you in a mountain home at 1100m above sea level and introduce you to a range of activities led by specialised coaches, instructors and training professionals in these spectacular surroundings.

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LPSV EXPERIENCE - LOCATION



Scattered with vineyards and fragrant lavender fields, activities and trail runs are packed with stunning scenery and breathtaking panoramas. Multiple activities like daily yoga sessions or an opportunity to work on your technique and strength with a specific programme designed and instructed by our specialist coach, are guaranteed to keep mind and body healthy.

A region blessed with a thousand colours and perfumes, you are close to the emerald lake of Sainte-Croix and the Verdon River where water activities are endless, and a nice break from the trails, with lots of opportunity to take a break and sample some of the local flavours of the region in the historic and quaint villages dotted along the way.

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LPSV EXPERIENCE - LA PALUD SUR VERDON

The village is very small with a population of just 300 people but sits right in the heart of the Parc naturel régional du Verdon, which makes it a popular stop along the famous D11 route to explore it. The village has more than enough to keep you fed and watered with 5 bars, 8 restaurants, a bakery, a grocery store, several gifts shops, petrol station, a couple of hotels and several camp grounds.



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LPSV EXPERIENCE - TRANSFER



You will arrive into and depart Nice Côte d'Azur Airport, and as a group, be transferred by minibus to La Palud sur Verdon (2.5hrs). Hotels suiting a range of budgets are in close proximity to the airport should you wish to arrive before and leave after our retreat dates. The airport is very close to the town and amenities, and Nice is a wonderful place to explore.



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LPSV EXPERIENCE - MAISON CAUNIER

Maison Caunier will be your home away from home, situated at the top of the mountain enjoying spectacular views and a tranquil atmosphere. Just 1.5km from the village up a steep lane, you will feel like you are on top of the world, with fresh air, cooler temperatures, the first to enjoy the sunrise and last to enjoy the sunset. We share this beautiful spot with foxes, wild boar, deer, hare and other local wildlife!



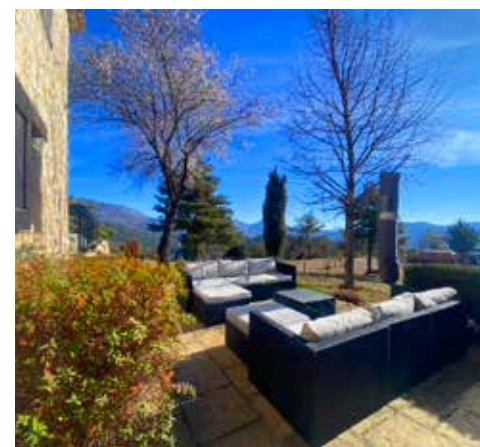
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LPSV EXPERIENCE - ACCOMMODATION



Three double rooms are on a sharing basis, with twin beds or one double. Two full bathrooms and separate WC are shared by guests, with robe, slippers, bed linen and towels provided with a washing facility available. A large lounge, spacious conservatory and plenty of outdoor space ensures privacy should you need it, but also allows for a social atmosphere to socialise with other guests.



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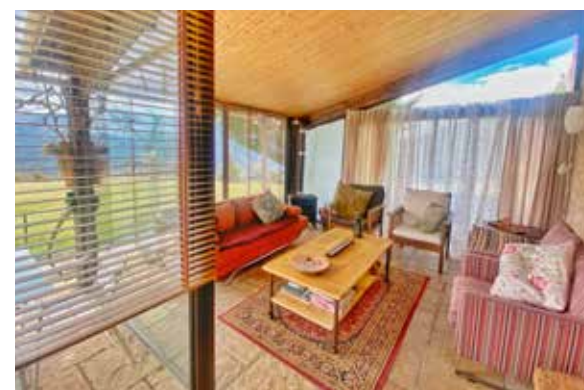
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LPSV EXPERIENCE - ACCOMMODATION



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LPSV EXPERIENCE - NUTRITION



Full board means that you are provided with 3 meals per day consisting of nutritious, home-made meals.

All food is fresh and home-cooked, carefully designed with a focus on fresh, clean local produce sourced from the region and to sustain your activities for the day.



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LPSV Yoga EXPERIENCE



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LPSV EXPERIENCE - LOCAL AREA



La Palud-sur-Verdon is located between the historical village of Moustiers St. Marie and market town of Castellane, and both are on the itinerary to visit. The Verdon is rich with local products such as herbs, lavender, cheese, wine, olive oil, perfume, essential oils, honey, ceramics, lace and a variety of other specialities unique to Provence.



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LPSV EXPERIENCE - LOCAL AREA



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Yoga
E X P E R I E N C E

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LPSV EXPERIENCE - KRISTINA MILLS



Kristina Mills lives in St. Pete with her family. Kristina began her yoga practice at the age of 22 which has helped balance and navigate the many transitions in life. As a multi-sport athlete in high school, she went on to play Division 1 volleyball for the University of Connecticut. While at UConn, she started her path and personal passion of being an educator and working with children. With a masters degree in Education specializing in early childhood, Kristina has taught elementary and preschool grades as well as been a director of a highly accredited preschool in Lake Forest, IL. By combining her skills as a parent, teacher, leader, athlete, coach, and motivator, she has a unique ability to guide individuals from varying ages and where they are to help them achieve their goals and needs. Providing opportunities for individuals to improve their overall well-being and create a positive impact on their lives.

With a passion for movement and mindfulness, she strives to help people maintain healthy flexibility through yoga, functional movement and bring the nervous system to a calm parasympathetic state to encourage rest and recovery. Kristina holds 500hr RYT, yoga nidra meditation and iRest Level 1 certifications.

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LPSV *Yoga* EXPERIENCE



Your base is at the 1100m summit of a winding lane with a breathtaking view of La Palud-sur-Verdon village below and the surrounding mountains as its backdrop - the perfect location for a spot of yoga. You will work on breathing techniques and mobility and sessions will cater to your own level of flexibility and fitness so beginners or advanced will feel at home.

Breakfast will be followed with the day's activities and can include anything from your daily yoga fix, to hiking the hills or kayaking in the lake to floating or rafting the Verdon river or e-biking around the gorge. The week will be planned based on the guests' requirements and comfort level, though we hope we can encourage a leap out of your comfort zone in this supportive group setting. Fun and enjoyment is the key!

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LPSV *Yoga* EXPERIENCE



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LPSV *Yoga* EXPERIENCE



Activities are included and are designed to incorporate a daily challenge. We encourage pushing beyond 'your comfortable' and go with the flow. We might even throw in a spontaneous detour to keep the day exciting with unexpected fun!



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LPSV *Yoga* EXPERIENCE



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LPSV *Yoga* EXPERIENCE



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All activities were enriching, high quality yoga classes that met a variety of skill levels.

I'm so glad to see you planning more retreats. You are providing a life changing experience!

Deb Fusek

Highlights are the beautiful location, delicious meals, daily yoga sessions, excursions, cooking class and making new friends. I enjoyed the daily challenges and being pushed out of my comfort zone to try new activities while experiencing them in a new environment.

Crista Roberts

This is the epitome of nurturing the mind, body and soul. If you're looking for a spectacular adventure where you are taken care of for 7 days, go on this special retreat. Besides meeting wonderful people, I can now call friends, we had various activities throughout the retreat on a daily basis that are incredible. I will go again! Truly special.

Cynthia Boccuzzi

What surprised you most about your experience?

So many cobwebs cleared. Clarity and the ability to move forward, pursue things I love and to be joyful.

Breck

Highlights of the retreat are the sisterhood bonding, the great discussions and all the physical activity. The yoga sessions allowed for me to increase my skill level.

Kelli Rodriguez

How did the retreat impact you and what have you taken with you into your daily life?

Being surrounded by emotionally strong women, sharing each other's stories, I returned feeling empowered, and I can do it mental shift and that I am NOT alone.

Sangita

The activities, food, wine, yoga, and location were ALL SUPERB! Making new friends and specifically time with friends I already know, and love was the absolute highlight. I loved it ALL!

Marianne Burtnett

Having curated experiences with Louise based on the interests and activity level of the group was a huge plus. The variety of food offerings was surprising and top notch. The setting of meals outdoors was exhilarating. Kristina's enthusiasm and positive leadership throughout the whole experience - from initial emails and conversations through last moments of our time together - gave great cohesion to the group. I loved all of the activities and excursions, especially the more rigorous ones like hiking and obstacle course. A+ for finding the balance of all of that for 7 women with different abilities and interests who didn't know each other that well as a group before we gathered.

Stacie Stenke

What would you say to someone who is feeling nervous, unsure about this experience? *Just say YES! Stay curious. I was glad I did not know all the details and experienced some of the surprises; keep the mystery.*

Kristen

I was a bit hesitant as I am not a die-hard yogi but felt pretty comfortable with all the yoga classes and sessions, especially the way you mixed up each session and offered suggestions for varying levels of skill.

Holli Caulfield

TESTIMONIALS



THANK YOU

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