WELLNESS RETREAT

IN THE SOUTH OF FRANCE











2027 DATES
30 MAY - 5 JUNE

- **7 DAYS/6 NIGHTS**
- **All-inclusive* $2800**
  Full Board & Drinks, Yoga, Activities, Massage, Transfer
- **All levels of ability**
- **Limited to 6 guests ensuring one-to-one guidance**

Excludes flights, medical/travel insurance

The Nature of YOU - Where stillness meets adventure and your inner wild awakens. Join us for a nature-immersed journey to reset and rediscover your essence. Daily yoga sessions and activities in the tranquil nature of the forest, lakes and mountains of Provence, France.

Your base enjoys a breathtaking view of La Palud-sur-Verdon village and the surrounding mountains as its backdrop - the perfect location for a spot of yoga and exploring all the Gorges du Verdon has to offer. You will work on breathing techniques and mobility with Kristina Mills who holds 500hr RYT, yoga nidra meditation and iRest Level 1 certifications - 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. Sessions cater to your own level of flexibility and fitness so beginners or advanced will feel at home.

The day's activities, fuelled by a nutritious menu designed with a focus on fresh, clean local produce sourced from the region, can include anything from your daily yoga fix, to hiking or kayaking to floating in the lake 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. This is a chance to dive deep down to the pure essence of your soul.

Booking Terms & Conditions:
- Deposit: $500 to secure your place (Non-refundable)
- Balance Due: 1st March 2027

Installment Plan: 1st November 2026 - $1150
1st March 2027 - $1150

Cancellation Policy
Refundable before 1st March 2027 ($2300)
Non-refundable after 1st March 2027

LPSV EXPERIENCE
La Palud Sur Verdon
Provence, France

BOOK NOW!

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