

## Wise Wellbeing Retreats

### THE 2024 SUMMER REJUVENATION RETREAT OVERVIEW

A 5-night Yin Yoga and Pilates retreat.

19<sup>th</sup>-24<sup>th</sup> June 2024.

At 'Maison 10' a boutique retreat venue in Provence, France.

Allow the tranquil surroundings, beautifully renovated farmhouse, and serene ambience of Maison 10 to become your sanctuary for 5 nights in this 'Summer Rejuvenation Retreat'. We will weave the practises of meditation, breath work, Pilates, yin yoga and Reiki to explore the mind, body, and spirit.

Our summer retreat will gift you time and space for you to be fully receptive to a deeply powerful, rejuvenating experience. Harnessing the energy of the summer we will move our body daily as we stretch, strengthen, engage, and lengthen with Pilates. Our Yin Yoga practise will provide the balance, the stillness that cultivates the mental and emotional clarity and ensuing sense of peace.

The Yin Yoga practises are interwoven with the wisdom of ancient Chinese Medicine, a reverence to the cyclical nature of our way of being, our connection to nature and the elements and to the Chakras, our energetic centres. The Pilates practises will awaken in you the connection to the grace, strength, and flexibility of your physical body.

The additional practises of meditation, breath work and Reiki compliment your health and wellbeing

We will be supported in this nourishment with the delicious vegetarian (vegan options available) cooking of our private chef Caroline Chilton-Bates IG @chefcarolina\_uk. Caroline and I have collaborated previously, she is delightful and her cooking amazing.

The backdrop of a spectacular mountainous landscape of olive groves, vineyards, forests, and orchards lends itself to hiking, cycling or simply appreciation and inspiration. The local market town of Nyon is a 10-minute walk from Maison 10.

Your retreat includes accommodation, all meals, and three practises daily. The maximum group size will be restricted to ensure you individual attention and an intimate experience.

## **What is included in your Summer Rejuvenation Retreat?**

5 nights' accommodation

Dinner on evening of arrival, day 1

Breakfast, midday snacks and evening meal on days 2-5

Breakfast on morning of departure, day 6

A guided morning meditation daily

Two classes/workshops daily, one each of Pilates and Yin Yoga.

Movie night.

Transfers between Marseille airport and our venue Maison 10

## **What is not included?**

Flights

Travel to and from Heathrow airport

Optional excursions/massage treatments

1:1 private session (available for an additional cost)

## **About our boutique retreat venue 'Maison 10'**

All bedrooms are light, airy, and modern with beautiful views across the valley. Four bedrooms are ensuite and two share a bathroom but have their own basins in the room. There is a cosy drawing room with open fireplace, a lounge and dining area and a shaded outdoor eating area overlooking the heated swimming pool. Our daily classes will take place in the glass fronted yoga shala with views across the valley. Hammocks and secluded garden seats are dotted around the grounds.

## **About the surrounding area**

Maison 10 is nestled in the wild, mountainous landscape of La Drome Provençale. The historic market town of Nyon (a 10-minute walk from Maison 10) is world famous for its olive oil and has a weekly Farmers Market, independent boutiques, and cafes.

Optional activities to do:

Visit the historic town of Nyon

Take a guided bike tour (Electric/regular bikes are available for hire in Nyon)

Hike a walking trail directly from the house or from Nyon town centre

Enjoy a massage at the local Spa a 5-minute walk from Maison 10

### **Travel recommendations**

Once your booking is confirmed I will provide details on the suggested British Airways flights from Heathrow to Marseille and from Marseille to Heathrow. Airport transfers to and from Marseille airport (an approximate 2-hour drive) are included in your retreat if you travel on the suggested flights. You are welcome to book an alternative flight time but please note your transfers will then be your responsibility. I can provide details of train routes to Maison 10 if you would rather travel by Eurostar and TGV. Again, if you chose an alternative to the suggested flights your transportation to and from train stations etc are your responsibility.

### **Investment**

#### **Early Bird Discount:**

**Your retreat investment is £1,250 if you book and pay your deposit by midnight on the 31<sup>st</sup> of December 2023. This is based on a twin room share.**

#### **Full price:**

**Your retreat investment is £1,300 if you book and pay your deposit on or after 1<sup>st</sup> of January 2024. This is based on a twin room share.**

**Deposit: A non-refundable deposit of £400 will secure your space with the full balance due by the 24<sup>th</sup> of April 2024, 8 weeks prior to our retreat.**

**A single room supplement is available, please do ask for details.**

#### **How do I book?**

1. Complete a booking form
2. Pay your non-refundable £400 deposit. In so doing you agree to the Terms and Conditions below

## **Wise Wellbeing Retreats**

### **TERMS & CONDITIONS**

Please read in full. By paying your deposit you consent to agreeing to all terms and conditions as outlined below.

#### **Payment policy**

All bookings must be secured with a £400 deposit.

Deposits are non-refundable but may be transferred to an alternative retreat date subject to availability.

Refunds are not given for change of mind.

The balance is due eight weeks before your retreat. You will receive a reminder via email prior to this date but you need not wait for this reminder to pay your balance. If the balance is not received by the due date Wise Wellbeing Retreats reserves the right to cancel the reservation and retain the deposit.

Booking taken within eight weeks of the requested retreat date will require payment in full.

Prices are based on a twin room share.

#### **Cancellations (Guest)**

Guests should have their own insurance covering them if they are unable to attend however Wise Wellbeing Retreats will endeavour to treat cancellations sympathetically. Cancellations will be accepted up to four weeks before your retreat takes place and your balance payment will be returned provided, and only if, your place is filled with another booking. Your deposit remains non-refundable.

No refunds or discounts will be issued for arriving late, leaving early, travel delays or illness.

#### **Cancellations (Wise Wellbeing Retreats)**

In the exceptional circumstance that Wise Wellbeing Retreats deems it unavoidable we reserve the right to cancel the retreat but will refund all monies paid to Wise Wellbeing Retreats within 10 working days unless cancellation is due to circumstances beyond our control (See Liability section).

In the event of a lockdown which prevents the retreat from taking place we will transfer your booking to a rescheduled date or comparable retreat in the future. Wise Wellbeing will not be responsible for travel or other associated costs.

Maison10 reserves the right to cancel bookings if any part of the property is rendered unavailable due to circumstances beyond its control.

### **Travel Insurance**

Please be advised that you must have insurance (travel, cancellation and medical) for your booking with us, from your time of booking.

Insurance should include Covid-19 cover in case you cannot attend due to contracting the virus.

### **European Travel Restrictions**

Post Brexit and Covid 19 there may be requirements in place that did not previously exist for travel within Europe. It will be your responsibility to obtain the requisite travel visa/permit/documentation/PCR as necessary.

### **Flights and Transfers**

It is advised that you **ONLY** book your flight **FOLLOWING CONFIRMATION OF YOUR BOOKING AND UPON NOTIFICATION OF THE DESIGNATED FLIGHT TIMES** from Wise Wellbeing Retreats.

Your transfers from Marseille Airport to Maison 10, and from Maison 10 to Marseille Airport are aligned to designated flights. You are welcome to book a flight other than at the suggested times but please be aware that you will then be responsible for your airport transfers. It is your responsibility to travel to and from Heathrow airport.

### **Liability**

Wise Wellbeing Retreats does **NOT** accept liability for: cancellations, delays or changes caused by threat of war, terrorist action or threat, severe weather, pandemic, closure of airports, civil strife, industrial action, natural disaster, technical problems to transport or any other event beyond our control.

Wise Wellbeing Retreats accepts **NO** liability for participant's medical or psychiatric conditions which may develop during or subsequent to the retreat.

## **Health & Safety**

Guests must inform Wise Wellbeing Retreats of any illness/injury at time of booking and will be asked to complete a Physical Activity Questionnaire prior to the retreat. Should your medical status change it is your responsibility to inform Wise Wellbeing Retreats.

## **Disclaimer**

Wise Wellbeing Retreats does not accept any liability for theft or damage to personal possessions, personal injuries or medical conditions that develop during or after the retreat or any costs, cancellations or charges incurred because of fire, natural disaster, or other events beyond our control. Should you choose to participate in any additional activities such as cycling, hiking or additional treatments outside of the classes and meditations included as part of your retreat you again do so under your own liability.

## **Advisory note**

I understand that participating in a Wise Wellbeing Retreat is entirely at my own risk. I understand and take full responsibility for my own Yoga and Pilates practice.