

Mindfulness & Culture in Southwest France

retreat itinerary
(subject to flow and change as needed)

Day 1: Friday, October 4

- depart for Toulouse, France

Day 2: Saturday, October 5

- arrival in Toulouse, France
- coach transfer to Domaine de Mournac
- restorative gentle yoga (5:00)
- welcome drink & dinner (7:00)

Day 3: Sunday, October 6

- morning yoga (8:30)
- breakfast (10:15)
- trip to Esperaza Sunday Market (11:00)
- light lunch and free time
- yoga (4:00)
- dinner at Domaine de Mournac (7:00)

Day 4: Monday, October 7

- morning yoga (8:30)
- breakfast (10:15)
- hike to Mont Sec (11:00)
- light lunch and free time
- wine tasting & vineyard tour (4:00)
- dinner at Domaine de Mournac (7:00)

Day 5: Tuesday, October 8

- morning yoga (8:30)
- breakfast (10:15)
- free day
- light lunch (2:00)
- *Optional Excursion to Nebias*
- dinner at Domaine de Mournac (7:00)
- evening yoga/meditation

Day 6: Wednesday, October 9

- morning yoga (8:30)
- breakfast (10:15)
- excursion to Rennes-le-Chateau (11:00)
- light lunch (2:00)
- yoga (4:00)
- dinner at Domaine de Mournac (7:00)

Day 7: Thursday, October 10

- morning yoga (8:30)
- free day
- light lunch (2:00)
- *Optional Excursion to Carcassone*
- dinner at Domaine de Mournac (7:00)
- evening moon ceremony (8:30)

Day 8: Friday, October 11

- morning yoga (8:30)
- breakfast (10:15)
- free day
- *Optional massages*
- light lunch (2:00)
- yoga (4:00)
- Taste of Le Sud - special French tapas meal (6:30)

Day 9: Saturday, October 12

- breakfast (7:00)
- coach transfer to Toulouse airport and fly home (8:00)

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Balancing the Chakras

Saturday Oct 5: ROOT

On Saturday we will practice yoga focused on our first energy center, the Root Chakra. After all of that flying, we will need to ground! The root chakra helps us feel grounded, safe, supported, and stable. It also rules our sense of belonging in a community, as well as financial stability. Located at the base of the tailbone, we'll focus on seated postures and getting into the legs and feet.



Sunday Oct 6: SACRAL

Sunday brings us to the Sacral Chakra. The second energy center, located at the reproductive glands and two inches below the navel, governs our emotions, relationships, sexuality, sensuality, and creativity. When we connect with the senses and what brings us pleasure and joy, we activate the sacral chakra. Perfect for our day of savoring the sights, smells, tastes, and sounds of the Sunday Market. In addition, we will also participate in a mindful eating experience co-led by Jen Wyatt and holistic health coach Kate Watson.



Monday, Oct 7: SOLAR PLEXUS

The Solar Plexus Chakra, located between the navel and the sternum, is our chakra of personal power, identity, strength. It is our inner fire that keeps us confident, motivated, and taking action. We'll focus on our core, our strength, and what a perfect day to hike to the top of Mont Sec and feel that sense of accomplishment.



Tuesday Oct 8: HEART

Tuesday's focus is the Heart Chakra, located at the center of the chest. Its function is love self-love, compassion, forgiveness, and processing grief. Today, we'll have a laid back morning of free time, and finish the day with a late afternoon wine tasting and vineyard tour. The evening will be capped off with a yin & restorative yoga session with optional reiki energy healing, all designed to balance and open the heart.



Wednesday Oct 9: THROAT

Next we move to the Throat Chakra, the center of our communication, our truth, our self-expression, and another area of personal will. Perhaps you can practice your self-expression and your French as we take an excursion to the beautiful city of Rennes-le-Chateau.



Thursday, Oct 10: THIRD EYE

The sixth energy center is the Third Eye Chakra. The third eye is responsible for our intuition, our perception, and our wisdom. It's our inner knowing that is not always connected to the thinking/rational brain. Take a free day today to either explore the surrounding areas by foot, to call a taxi or take a larger excursion, or just relax around Domaine de Mournac. This evening, we will have a special outdoor ritual where we'll use our intuition to identify what needs to be released in our lives, and to call in the new.



Friday, October 11: CROWN

Our final stop on this chakra balancing journey is the Crown Chakra. The Crown Chakra is responsible for our connection to the universe, to the infinite, the divine, or to anything you consider a higher power. The crown chakra is also connected to our sense of trust that all is working according to plan. The crown chakra connects us to higher states of consciousness, and helps us experience a sense of "oneness" and peace in our lives.

