

YOGA WEEKEND

26TH – 29TH MARCH 2020



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Hosted at an exclusive country house in the Cognac region of France

A unique opportunity to retreat and restore both the body and mind. Guided by yoga teacher Lynda Creegan, this Weekend will introduce you to hatha yoga practices which help relax and still the body, quieten the mind and centre the spirit. Situated in beautiful countryside, the programme will also include a taste of France and some of the very special things it has to offer....

www.ceangal.eu

About the Programme

If you thought that yoga was all about bending and twisting your body into odd shapes, it is time to rethink. Yoga is much more. In very simple words, it is about caring for your body, mind and breath. The century-old practice of hatha yoga includes physical exercises (asanas) that seek to relax and still the body, breath work (pranayama) to focus the mind, relaxation to quieten the body and mind, and meditation to centre the spirit. The word YOGA originates from Sanskrit and may be translated as "unite", "join" and "connect" which implies "a bringing back into balance".

Yoga has never been alien to us. It is our way of life. We have been doing it since we were babies from the Cat Stretch to strengthen our spines, to Wind-Relieving poses to boost digestion. As children we would have been practising some sort of yoga daily unbeknown to ourselves.

Practicing yoga is like a break from our usual mind status. Like a holiday, it refreshes us. Yoga practice helps us to move from distress to de-stress, from dis-ease to ease, from passion to compassion, from human doing to human being. The programme is provisional and may be adjusted slightly in order to provide the best possible experience to all participants.

| Yoga Weekend Programme | | | |
|---|---|--|---|
| Thursday | Friday | Saturday | Sunday |
| <u>Ryanair</u> Dublin – Bordeaux Arrives Bordeaux 5.15pm | 8.00 – 8.45am Waking up the joints | 8.00 – 8.45am Slow Yoga | 7.30 – 8.00am Waking up the joints |
| | 9.00 – 10.00am Breakfast | 9.00am – 10.00am Breakfast | 8.15am – 9.00am Breakfast |
| | 10.15 – 12.00pm Nature Walk with yoga, mindfulness & meditation | 10.30 - 12.00pm Yoga in Nature | 9.30am Departure from Chez Perot to Bordeaux airport |
| | 1 – 2pm Lunch | 1 – 2pm Lunch | |
| 5.30pm Pick up from Bordeaux airport and transport to Chez Perot | 2.30 – 4pm Rest and relaxation | 2.30 – 5.30pm Visit to the historic Chateau de <u>Villebois Lavalette</u> | <u>Ryanair</u> Bordeaux - Dublin <u>Departs</u> Bordeaux 12.20pm |
| 7.30pm Welcome & Orientation | 4.30 – 6pm Visit to Le Maine Giraud vineyard | | |
| 8.00pm <u>Aperos</u> 8.30pm Dinner | 8pm Dinner | 6pm Slow Yoga | |
| 10.00 – 10.30pm 'Wind down' session before bed | 9.45-10.30pm 'Sleep Well' relaxation session – with candles and music (optional) | 8pm Dinner | |
| Nurturing the Soul | Nurturing the body | | A little bit of France |

About the Teacher

Our instructor, Lynda, is a RYT200 qualified yoga teacher registered with Yoga Alliance, with



5 years of successful teaching experience. Having practised yoga for 15 years, Lynda studied to become a teacher in 2014 with Zenways London. She was taught by Julian Daizan Skinner, the founder of Zenways and the first Englishman to train at a Japanese monastery to become a Roshi, or Zen master, in the rigorous Rinzaï tradition of Zen. Zenways yoga works with your body, mind and energy to create improved wellbeing, vitality and awareness, and a deep sense of your connection with all things and your true relationship with the

universe. Lynda would describe her own yoga practice as calm and fun, and she makes time each day to be aware of the connection between her breath, mind and body. Working with a curated mix of yin yoga, hatha yoga, breath work, yoga nidra and meditation. Lynda's classes provide a warm safe environment in which to practice, grow and share yoga with others. Students can expect to experience a balance of calm and space to connect with themselves within an atmosphere of creativity and fun. In her quest to expand and complement her teaching, Lynda is currently studying to become an acupuncture therapist and occasionally incorporates this into her classes. Lynda teaches weekly in her local village in France where she has lived for the past 8 years. She enjoys a calm and peaceful way of life with her husband on their small farm, growing a wealth of organic vegetables, as well as keeping goats, chickens, dogs and cats.

About your Hosts

Olive & Charlie are your hosts for the Weekend and will look after you from the moment you arrive until the moment you leave – refreshed, relaxed and ready to go...

Their passion is creating well-being programmes in beautiful settings which offer the space for a very special experience. Quality instruction is complemented by an authentic French experience, from the local food and wine you will enjoy, to the visits to some very special local attractions.



Food for the Soul...

As well as its famous Cognac, this region of France produces a wonderful array of fruit and vegetables, with small artisan producers, and large ones, showing extraordinary dedication and skill. During your time at Chez Perot, enjoy a taste of this area with healthy, nutritious dishes inspired by the seasonal local produce and developed by our qualified chef. We cater for all dietary requirements so just let us know your needs and we will meet them...

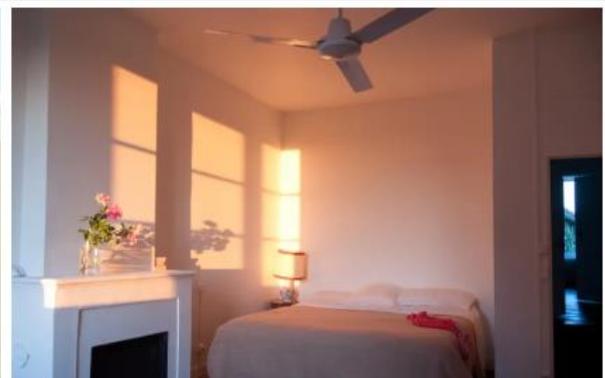


About Chez Perot



Perched on a hilltop overlooking the rolling Cognac countryside, Chez Perot stands restful and serene. This period property is a hidden gem, surrounded by ancient trees and gardens which in spring yield flowers, fruit and vegetables. The interior of the house is a sensitive mélange of country comfort and luxurious modernity with large

bedrooms, stylish furniture and an ample contemporary kitchen including an original bread oven. The grounds lend themselves to long walks and restful relaxation under the wisteria.



About the Cost

The all-inclusive cost of this Yoga Weekend is €599 per person sharing. The cost covers accommodation, all sessions, all meals, wine and other beverages and all guided outings. Yoga mats are also provided. If you wish to reserve your own private room, you may do so at an additional cost. Please be aware this is subject to availability so please make your preferences known when reserving your place. We are delighted to offer **an Early Bird 10% discount if you book by 14th February 2020.**

| | Shared Accommodation | | Private Room | |
|------------|----------------------|---------------|--------------|---------------|
| | Full Price | Deposit (50%) | Full Price | Deposit (50%) |
| Regular | €599 | €299.50 | €699 | €349.50 |
| Early Bird | €539 | €269.50 | €629 | €314.50 |

Flight costs are not included but if you travel Ryanair from Dublin to Bordeaux on 26th March and from Bordeaux to Dublin on 29th March transport to and from the airport will be provided at no extra cost. A deposit of 50% is requested to reserve your place with the balance to be paid in cash on arrival.

NOTE: This exclusive Weekend is open to 12 participants with a minimum number of ten. Please do not make travel arrangements until we confirm to you that our first ten reservations are secured. We will confirm no later than four weeks before the Weekend.



Visit www.ceangal.eu to reserve your place

TERMS AND CONDITIONS

1. Cancellations: Due to the limited number of places on this Weekend, deposits are non-refundable for any cancellations within 30 days of the Weekend start date. If you cancel with more than 30 days of the start date we will refund your deposit minus a €25 administration fee per space cancelled.
2. If you are travelling from outside the country: Before you come on the retreat you must be covered by insurance, which must include adequate cover for baggage, medical expenses and the cost of repatriation should you become ill. It is up to each individual to ensure that their insurance is adequate for the Weekend. Any claims concerning matters for which you are insured must be directed to your insurers. We are not liable for non-compliance to this and you accept responsibility for obtaining any travel insurance required for your trip and the activities you wish to do while away from your home.
3. We will let you know as soon as we can if, through no fault of your own, we are forced to significantly alter or cancel the Weekend. In these circumstances we will offer a full refund of the money you have paid. If you are booking flights to come here, we advise you to take out insurance when buying your tickets, to cover any such unlikely event, or any other event where you would have to cancel yourself.
4. Any information or advice provided by us on matters such as permits, visas, vaccinations, climate, clothing, baggage, special equipment, airlines and travel connections etc. is given in good faith but without responsibility on our part, and the passenger accepts responsibility for obtaining any necessary visas and travel documents required.
5. Your booking is accepted on the understanding that you realise the possible hazards involved in our Weekend, including injury, disease, loss or damage to property, inconvenience and discomfort. Changes in planned travel may be caused by flight cancellations, weather, sickness, or other unforeseeable circumstances. No refunds will be given for services not utilised. If a customer is unable, or does not choose, to complete the Weekend, we are not liable to supply alternative itineraries, excursions, accommodations, services or staff for the period when the client is not present with the group.
6. If you participate in the activities it is necessary that you abide by the authority of the leader. Signing our booking form signifies your agreement to this, and if you commit any illegal act when on the Weekend or if in the opinion of the leader your behaviour is causing or likely to cause danger, distress or annoyance to others we may terminate your arrangement without any liability on our part. If you are affected by any condition, medical or otherwise or have any special needs, these must be brought to our attention at time of booking.
7. If you have any complaint about the Weekend, you must make it known at the earliest opportunity to the host and/or our local representative, who will normally be able to take appropriate action.
8. We are responsible to you for the proper performance of our obligations under the contract. We are liable to you for any damage caused to you by our failure to perform the contract or by our improper performance of the contract, unless that failure is: a) attributable to you; b) attributable to a third party unconnected with the provision of the services and are unforeseeable or unavoidable; c) due to unusual and unforeseeable circumstances beyond our control and could not have been avoided even if all due care had been taken d) due to an event which even with all due care we could not foresee or forestall.
9. Commitment to Data Security. We are committed to data security and your personally identifiable information is kept secure.