

MINDFULNESS RETREAT

2ND – 5TH APRIL 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, this Mindfulness Retreat, guided by a qualified mindfulness teacher, will introduce you to a range of practices to help you bring awareness to the present moment and cultivate attitudes of kindness and compassion towards yourself and your experiences. 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

Over the course of programme, you will be introduced to Mindfulness both as a formal and informal practice by a fully qualified Mindfulness Based Stress Reduction Teacher.

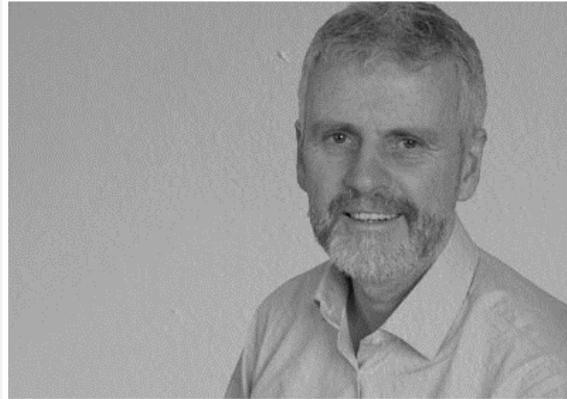
Practising core meditation practices such as the Body Scan, Sitting Meditation and Mindful Movement, you will have the opportunity to develop skills that can later be incorporated into your everyday life. The practice of mindfulness encourages us to bring curiosity and kindness towards our awareness of things as they are in the present moment. In doing so we let go of the tendency to resist how things might be and instead learn to come into a more friendly relationship with our experience.

The teaching will be informed by the latest insights from Western Psychology into how to promote greater wellbeing. The learning in these informal classes will be supported by the opportunity to enjoy mindful walking as you open up your senses to this beautiful part of rural France.

Mindfulness Programme (2 nd – 5 th April)			
Thursday	Friday	Saturday	Sunday
Ryanair Dublin – Bordeaux Arrives Bordeaux 4.45pm	7.15 Mindful Movement	7.15 – Mindful Movement	7.45 – 8.30am Closing Mindfulness Session
	7.45 Mindful Sitting Practice	7.45 Mindful Sitting Practice	
	8.30 - 9.30am Breakfast	8.30am – 9.30am Breakfast	8.30am – 9.30am Breakfast
	10.00 – 12.00pm Mindfulness Session	10 – 12.30pm Mindfulness Session	10.00 Departure for Bordeaux airport
	1 – 2pm Lunch	1 – 2pm Lunch	
4.45pm Pick up from Bordeaux airport and transport to Chez Perot	2.30 – 4pm Connecting with nature – a guided forest walk	2.30 – 5.30pm	Ryanair Bordeaux - Dublin Departs Bordeaux 12.20pm
	4.30 – 6pm Visit to Le Maine Giraud vineyard	Visit to Château de Villebois Lavalette	
7.00 – 8.00pm Dinner	6.30 – 7pm Mindfulness Session	6.30 – 7pm Mindfulness Session	
8.30 – 9.30pm Orientation and introduction to Mindfulness	8pm Dinner	8pm Dinner	
Nurturing the Soul	Nurturing the Body		A little bit of France

About the Teacher

Dominic received his professional training in teaching Mindfulness Based Stress Reduction (MBSR) from both the Centre for Mindfulness Research and Practice, University of Bangor and also the Institute for Mindfulness Based Approaches (IMA, Germany). He works regularly as a teacher trainer on the Mindfulness in Schools Project teacher training courses. He is widely



experienced in delivering mindfulness training to both the corporate sector as well as local community groups. He is a member of the Mindfulness Teachers Association of Ireland (MTAI, the professional body for mindfulness teachers in Ireland) and is a member of its Professional Ethics Committee.

Dominic has been involved in education as a teacher and teacher trainer in Ireland and abroad for many years. He holds a Masters in Education from the University of London and a Combined Certificate in Counselling Skills and Practice. He has been practicing mindfulness meditation for over fifteen years. He has a particular interest in using mindfulness to support the process of music making and creative writing. Previously, Dominic has taught mindfulness programmes in Ireland and Spain.

About your Hosts

Olive & Charlie are your hosts for the retreat 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...

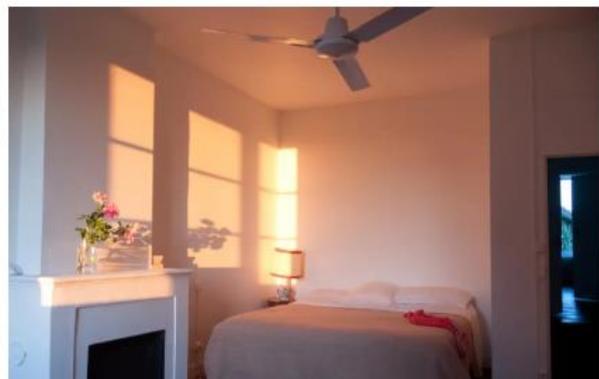


About Chez Perot



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 Mindfulness Retreat 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 29th 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 Dublin – Bordeaux flight on 2nd April and Ryanair Bordeaux – Dublin on 5th April 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 Retreat 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.