



## 'Living Well'

# Rejuvenating 5-Night Retreat in Bergerac France

May 27<sup>th</sup> – June 1<sup>st</sup> 2025



6 Days of Yoga, Ayurveda, Nature, Rest & Relaxation.  
Delicious Vegetarian / Vegan Food in an Idyllic Location.

**Book Early to Avoid Disappointment**

Relish every moment as we come together to share the joy of rejuvenating the mind, body and soul through daily yoga practice, meditation, rest and relaxation and presentations including 'living well with Ayurveda'.

All nestled in a private beautifully renovated farmhouse, totally immersed in nature.





### Treat yourself to:

- ♥ 6 x days and 5 x nights full-board accommodation in a charming, beautifully located, typical rustic renovated farmhouse in Bergerac, Southwest France
- ♥ Exclusive use of the venue and all facilities, including large swimming pool
- ♥ Option to join in on daily wellbeing sessions including Yoga / Meditation / Relaxation classes and Ayurveda presentations
- ♥ Many other presentations, excursions and activities available.
- ♥ Delicious vegetarian / vegan meals (organic & local produce) prepared, on site by our own personal chef.
- ♥ Free WiFi and pick up & drop off to/from Bergerac airport
- ♥ Plenty of free time to explore the beautiful countryside, local markets and area, rest relax and enjoy!

## THE VENUE

L'Eyssalle, is a beautifully converted farmhouse estate in the scenic Bergerac countryside, perfect for yoga and wellness getaways. This serene property accommodates up to 8 guests in 4 twin bedrooms and offers a welcoming communal space with an open-plan kitchen and a grand fireplace. Guests can relax in the sitting room/library, explore the stunning three-acre garden, swim in the large pool, or enjoy scenic views of vineyards and woodlands. Ideal for yoga, meditation, and holistic activities, the estate's peaceful indoor and outdoor spaces create the perfect environment for rejuvenation and reflection.



## THE RETREAT

The Retreat at L'Eyssalle offers a blend of relaxation and adventure, with activities for every type of guest. Daily yoga, meditation, and yoga nidra are included, while guests can also enjoy the large pool, tennis, sunbathing, and a well-stocked library. Local attractions include the Issigeac Sunday market, Bergerac's restaurants, and Monbazillac wines, as well as scenic walks to Chateau Jaubertie.



For the more active, options like hiking, cycling, golf, paddleboarding, canoeing and go-karting are available. Additionally, further optional presentations cover cookery, local history, bee keeping, Flora & Fauna, water colouring and wine tasting.



## THE FOOD

Josie, the resident owner of L'Eyssalle, will be catering for the event, known for her fabulous feasts and personal touch. Josie prioritises sourcing local and organic ingredients, often using produce she has grown herself.

Josie's wholesome, delicious dishes are both visually appealing and satisfying. Lunch and supper will be prepared for the group, while breakfast will be self-serve. All food and drinks will be vegetarian or vegan.

L'Eyssalle can accommodate additional dietary needs, such as gluten-free, with prior notice, so guests should make any special requests when booking. Teas, snacks and fruit available in the kitchen areas at all times.

## YOGA

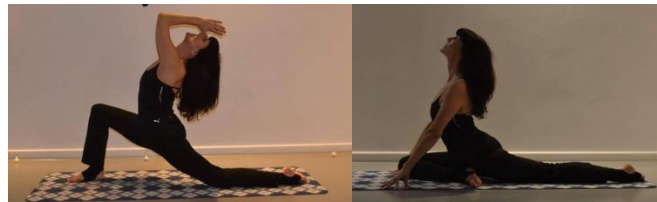
Yoga sessions at the retreat are designed for all levels, from beginners to advanced practitioners, held in a calming 'Group Room' or outdoors when weather allows. Energising morning classes will be followed by softer, mat-based afternoon sessions.

Meditation, including Chakra meditation and Yoga Nidra, will be offered daily to promote deep relaxation.

Drop-in consultations for personal practice will also be available throughout the retreat.

Mats, blocks and straps provided.

## THE WELLNESS TEACHER



Julia Chilcott-Coombes

FCMA, BA (Hons), Phys Ed Cert, PGCE, E-RYT-500, CYQ-YMCA Dip

Julia, a qualified and experienced Ayurveda and Yoga Consultant, is an avid believer in nature's power to provide a consistent dopamine boost.

As a full-time wellbeing lead in Education, Julia is committed to delivering informative, practical, and educational programs that inspire the use of Ayurveda and Yoga principles in daily life.

Passionate about sharing the proven benefits of the synergies between these ancient traditions, Julia is dedicated to enhancing personal well-being through healthy life choices, nature, Ayurveda and yoga.

## PRESENTATIONS

Each optional wellbeing presentation will explore various aspects of Ayurveda, designed to deepen your understanding of this holistic approach to wellbeing.

Key topics will include:

- **Understanding Doshas:** Learn about the three Doshas (Vata, Pitta, Kapha), and how they influence your physical and mental health.
- **Agni and Ama:** Discover the concepts of Agni (digestive fire) and Ama (toxins), and their role in maintaining balance and vitality.



- **Ayurvedic Diet:** Explore how to eat according to your Dosha for optimal health including healthy cooking
- **Daily Routines:** Tips on establishing Ayurvedic habits to support overall wellbeing.
- **Mindset:** How Ayurveda promotes a balanced mind-body connection.

Additional presentations provided by our knowledgeable host may include:

- **Wine Tasting:** Explore local wines and their history.
- **Local History:** Discover the rich history of the surrounding region.
- **Bee Keeping:** An introduction to the art of beekeeping.
- **Flora & Fauna/ Wildlife** Fascinating facts on local produce, birds, bees and animals
- **Painting / Water colouring** Release your inner Monet!

### THE LOCATION -How to get there

L'Eyssalle is located just 10 minutes from the historic town of Bergerac along the scenic Dordogne River, renowned for its wine, food markets, and restaurants.

It is easily accessible, only 10 minutes from Bergerac Airport, with direct flights from Southampton, Exeter, London City, Bristol, Stansted, and Leeds.

**Note: Early bird priced Ryanair flights from Bournemouth are excellent value!**  
Flights are Tuesday and Sundays May - October

Bordeaux, a major transport hub, is 1.5 hours away, offering additional flight options and car hire services.

For those driving, it's about an 8-9 hour journey from Calais. 6-7 hours from Caen or St Malo

Ground transport is provided in and around Bergerac.



## THE ROOMS



<i>Les Renards- The Foxes</i> Double shared bathroom	£750 per person
<i>Les Cerfs- The Deers</i> - Twin shared bathroom	£750 per person
<i>Les Blaireux- The Badgers</i> - Twin shared bathroom	£750 per person
<i>Les Sangliers- The Boars</i> -Twin Private Ensuite Bathroom	£750 per person

High quality towels and linen are provided.

All rooms are priced per single bed -**minimum two** sharing

Minimum of 5 participants required to run retreat.

**Note:** Shared bathrooms are two between the three rooms



Bienvenue à L'Eyssalles!  
*Yoga between the vines.*





## RETREAT PROGRAMME:

**NOTE** This is a SAMPLE DAILY ITINERARY. The final schedule will be issued nearer the time as this allows to tailor more specifically to participants needs.

You are free to participate in as many or as few sessions as you wish.

## TUESDAY 27<sup>TH</sup> MAY

Meet & Greet - Collection from Bergerac Airport

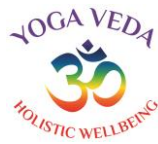
Arrival & settling in

- 4pm: Main lounge area- Welcome & Introductions. Housekeeping & Guided Tour
- 4:45pm Select activities and itinerary of choice
- 5:45 pm Studio- 45-minute Gentle Yin Yoga class
- 7.00 pm: Dining Area- Light Supper & Prepare Ayurveda Style Breakfast (Kitchen)
- 8:30 pm: Studio- 30-minute Candlelight Guided Pranayama & Meditation

**\*SAMPLE OF A TYPICAL DAILY SCHEDULE -Note:** Dependent on weather schedule may alter - opportunity may present itself to be able to view sunrise or sun set, swim, take part in yoga and meditation outdoors (always decided on group consensus)

- 7.00am: Studio - Guided Pranayama & Meta Meditation Yoga Class (Vinyasa Flow)
- 7:45am: Dining Area- Self Service Breakfast
- 9:00am: Dining Area -Optional presentation/ activity / Free time for R & R, hike/ swim/ sightseeing / treatment etc
- 12.30pm: Dining Area- Lunch - Group dining experience
- 1:30pm: Free time for R&R walk/ swim / sightseeing / treatment etc
- 5.15pm: Studio- Guided Yoga Class (Restorative Yoga)
- 6.30pm: Dining Area- Light Supper – self- selection. Prep Breakfast
- 7.30pm: Outdoor Grounds- Sunset, moon rise, Round the bonfire gathering (Weather permitting)
- 8.00pm: Studio- 45-minute Guided Candlelit Yoga Nidra (*Full Body Mind & Soul Relaxation*)

\* Please note, the final programme will be tailored to the group's preference once bookings have been received and confirmed.



## BOOKING INFORMATION

All prices are **per person** and include all meals, accommodation, linen & towels, yoga equipment, as well as all classes and presentations.

**NOT included in the price:** Travel Insurance and Travel to and from the venue.

Note: Meet & greet by prior arrangement.

Activities Included and Chargeable Activities are as listed below

Included Activities	Chargeable Activities	Estimated Cost in Euros Per Person
All Yoga	Canoe/Kayake/Paddle boarding	20€ for Two Hours
Meditation	Cycling	15€ per Day- From Bergerac (Must be arranged in advance)
Swimming	Haman and Massages	Prices from 30€ for 20mins- 60€ per hour
Hiking	Chateau Monbazillac entrance	11.50€ or 17.50€ with a wine tasting
Wellbeing presentations	Chateau Bridoire and Labyrinth	19.50€
Excursions to markets & Bergerac	Painting by watercolour	5€ all materials provided
Flora & Fauna presentation	Wine tasting	10€ guided tasting of 6 local wines
Local History presentation	Occasional taxi	2€ per kilometre therefore 15€ into Bergerac town centre
Bee Keeping	Note: All chargeable activities will be arranged in advance where necessary or on arrival.	
Issignac Market- Every Sunday Am		
Bergerac Market- Wednesday and Saturday		
Local Organic supermarket		





## **PAYMENT SCHEDULE:**

Deposit 50% = £375 per person by **January 27<sup>th</sup> 2025**  
Final balance = £375 Prer Person by **March 27<sup>th</sup> 2025**  
Payment in Full £ 750 Per Person by **January 27<sup>th</sup> 2025**

If booking as a two please ensure you state who you would like to share with on order or by [email.yogavedaukhub@gmail.com](mailto:email.yogavedaukhub@gmail.com)

Note: no single occupancy unless double rate agreed. Rooms will be allocated on first come first served basis

## **BOOKING TERMS AND CONDITIONS:**

I. Once your booking has been accepted, we (YVUK & L'Eyssalle) require a deposit of 50% by Jan 27th, 2025, and the remaining 50% shall be paid latest by March 27th, 2025, 2 months prior to the date of arrival.

II. All prices for accommodation are stated in pounds sterling and include V.A.T.

III. Should payment not be received by the due dates, YVUK has the right to cancel your booking, and any deposit paid will be forfeit.

IV. Once your booking, whether verbally or in writing, has been accepted, and you've paid your deposit, this will create a legally binding agreement between YVUK, L'Eyssalle, and yourself.

## **CANCELLATION POLICY:**

### **Cancellation by L'Eyssalle**

1. L'Eyssalle reserves the right to cancel a booking forthwith and without liability on its part in the event of damage or destruction to the Retreat Farmhouse by fire or other causes, any shortage of labour, or any other cause beyond the control of L'Eyssalle, which shall prevent it from performing its obligations in connection with any booking. In such an event, L'Eyssalle will refund any payments already made but will have no further liability to the Booking Group Leader or their guests.

### **Cancellation by the Customer**

1. Deposits and payments, once paid, are non-refundable and non-transferable. We strongly advise that you take out appropriate insurance.



**Note:** a minimum of five paying guests are required to run this retreat. In the unlikely event of not receiving five applications by January 27<sup>th</sup> 2025 any deposits paid, will, in this instance, be refunded.

2. Cancellations made will not require any remaining payment instalment that would have been due to be paid, i.e.,

a. If cancellation occurs before the 2-month 50% instalment, then the 50% deposit already paid will not be refunded, but the 50% payment remaining will be cancelled.

b. If cancellation occurs after 100% payment has been made, then no refund is due.

3. Should the customer have paid a higher deposit in advance than the required minimum amounts, then the value in excess of this requirement will be refunded.

4. If during your stay, you are asked to leave the facilities due to inappropriate behaviour or misconduct of any sort by any member of your group, you will not be refunded.

By proceeding with your booking and payment of the deposit, you are confirming that you agree to the above Terms and Conditions. Thank you.

You can reserve your place by submitting the £375 non-refundable deposit. Via <https://yogavedaukhub.com/shop/product/yoga-between-the-vines-at-leysalles-bergerac-france/>

Any remaining balance will be due **by March 27<sup>th</sup> 2025**

Alternatively, you can book and confirm your place and room choice direct by paying the full amount also using link above

Confirmation email will be sent directly to you.

I truly look forward to sharing this unique retreat with you

*Julia x*

