



FITNESS RETREAT

19 - 25 MAY 2018

FITNESS LED BY NEAL WILLIAMS

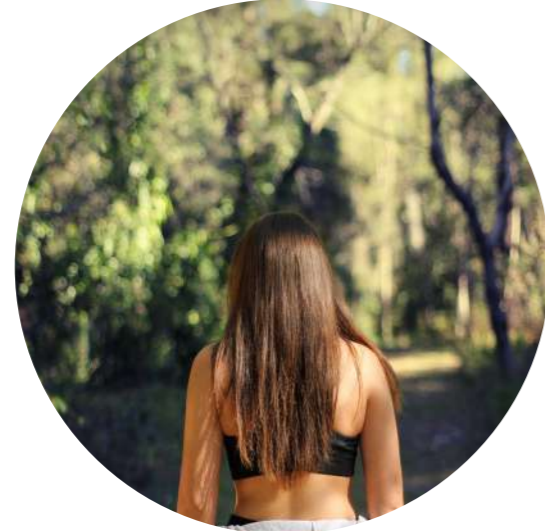
Get fit & have fun in a beautiful setting



DOMAINE DE MOURNAC

A luxury space in South West France

www.domainedemournac.com



KICK START YOUR SUMMER ON THIS UPLIFTING AND REINVIGORATING FITNESS RETREAT, IN THE HEART OF SOUTH WEST FRANCE.

ENJOY DELICIOUS HEALTHY FOOD, FUN AND CHALLENGING FITNESS SESSIONS, EXPLORING THE GLORIOUS COUNTRYSIDE AND INTERESTING LOCAL EXCURSIONS.

NEARBY CARCASSONNE AIRPORT IS JUST 1HR 30 AWAY FROM LONDON STANSTEAD.

THE SCHEDULE

SATURDAY

17:30 Flight lands at Carcassonne - Group transfer to Mourmac
19:30 Welcome dinner and orientation meeting

SUNDAY

08:00 Light snacks and juices
08:30 Morning fitness session
10:00 Breakfast
11:00 Excursion to Esperaza Sunday market
14:00 Light lunch
16:00 Afternoon fitness session
19:00 Evening meal

MONDAY

08:00 Light snacks and juices
08:30 Morning fitness session
10:00 Breakfast
11:00 Hike to Mont-Sec
14:00 Light lunch
16:00 Afternoon fitness session
19:00 Evening meal

TUESDAY

08:00 Light snacks and juices
08:30 Morning fitness session
10:00 Breakfast
11:00 Excursion to Rennes-les-Chateau with guided tour
14:00 Light lunch
16:00 Afternoon yoga session (stretching and relaxation)
19:00 Evening meal

WEDNESDAY

08:00 Light snacks and juices
08:30 Morning fitness session
10:00 Breakfast
11:00 Free time - Optional bicycle tour*
14:00 Light lunch
16:00 Afternoon fitness session
19:00 Evening meal

THURSDAY

08:00 Light snacks and juices
08:30 Morning yoga session (Dynamic flow)
10:00 Breakfast
11:00 Free time - Optional wine tasting tour*
14:00 Light lunch
16:00 Afternoon fitness session
19:00 Evening meal

FRIDAY

08:00 Light snacks and juices
08:30 Morning fitness session
10:00 Breakfast
11:30 Group transfer to Medieval Cite of Carcassonne
17:35 Flight departs for London Stansted

*Additional charges apply.



You can rest assured that by training with Neal, you will be in safe hands.

FITNESS INSTRUCTOR NEAL WILLIAMS

As a former British Army soldier, Neal knows first-hand what a difference being fit and healthy can make to peoples lives.

That's why, after leaving the army, he decided to turn his passion for fitness and training into a profession.

Neal qualified as a personal trainer in 2006, and became a Park Manager for British Military Fitness in Clapham, London. Since then, Neal has helped hundreds of people make their dreams of having a stronger, slimmer, healthier body come true. As well as being a highly trained and experienced personal trainer, Neal is also a Kettlebell instructor, qualified POSE Running coach, Olympic lifting instructor, Circuit training instructor and Crossfit Instructor.

 [the_strength_circuit](#)





YOGA TEACHER LUCY HICKS

Lucy first came to experience the benefits of Yoga in 2010 at a corporate Yoga class in her workplace. The chance to take time to relax, stretch and re-learn how to breathe and see were the perfect antidote to a hectic job in the Financial Services industry. After 4 more years of working Lucy finally took the plunge and quit her corporate lifestyle to pursue an alternative life. In 2014, Lucy spent 6 weeks in Rishikesh, India, studying to become a Yoga teacher.

Lucy likes to teach fun and dynamic Hatha style classes with an emphasis on encouraging a positive mental attitude and celebrating success rather than dwelling on failure.

“I don’t possess a naturally flexible or athletic body, so I understand completely the struggles some people face even to touch their toes, and this is where I enjoy helping people to loosen, relax and stretch and eventually see massive benefits not just in their physical body but their mind also. We all hold on to tension that we face in our daily lives in different parts of our body. Working to lovingly recognise these tensions, and ultimately accept and thus relax is a daily challenge that we all go through.”





THE ROOMS

All bedrooms have en-suite bathrooms and we provide bed and bath linens, slippers, eco shampoo, conditioner and shower gel, plus a water bottle for you to use and take home.

Included in the price is your accommodation, food, drinks (tea, coffee, soft drinks and local wines with dinner) plus fitness instruction for the week. Local excursions are included, but there are some optional extras.



OCCITANIE

A LARGE SOUTH FACING ROOM WITH BEAUTIFUL VIEWS

€800 pp for 3 people sharing a room in single beds



THE OLD BAKEHOUSE

A SELF CONTAINED STUDIO APARTMENT

€900 pp for 3 people sharing a room in single beds



AUDE

A LIGHT AND AIRY ROOM WITH A FULL-SIZED BATH IN THE EN-SUITE

€1,100 pp for a single and double bed in a shared room, or €1,900 for 1 person in a double bed



MONT SEC

A BRIGHT ROOM WITH BEAUTIFUL VIEWS

€950 pp for 2 people sharing a room in single beds



GALAMUS

A COSY GARDEN FACING ROOM

€850 pp for 2 people sharing a room in single beds, or €1,500 for 1 person in a double bed



FOOD

As you will all know, nutrition is just as important as exercise when it comes to maintaining a healthy lifestyle. So whilst you are working hard, our retreat chef will be working just as hard to provide you with healthy but exceptionally tasty food.

Using locally sourced and seasonal produce, even using eggs from the chickens and produce from the garden where possible. Of course, you can't travel all the way to France without sampling some of the local wines, so we will provide you with local wine at dinner, and even excursions to visit some of the vineyards.

You'll be running through the vines so you may as well sample the output!



LOCATION

Domaine de Mourmac is in Southern France, very close to the Pyrenees mountains and the border with Spain. Benefiting from glorious sunshine most of the time, but still with green and lush vegetation. You can walk amongst the woodlands in the domaine, or walk up through the vineyards surrounding the property. A trek to the top of nearby Mont Sec is a must!

HOW TO GET THERE

Address Domaine de Mourmac, 11190 Antugnac, France

Google maps Mourmac

Nearest Airport Carcassonne

Regular flights provided by Ryanair from across the UK.

As part of your fee, a group transfer will be provided from Carcassonne airport at the time specified in the schedule above. If you are not arriving at the same time, you can either hire a car to drive to the Domaine (45 minutes), or instead take the airport shuttle and the local train to nearby station of Couiza-Montazels. A member of the team can collect you from there.

Alternative airport Toulouse

If arriving from Toulouse, you can hire a car and drive 1hr 30 minutes to Domaine de Mourmac which will give you the perfect chance to enjoy the beautiful French scenery.

HOW TO BOOK

We know you will love Domaine de Mourmac as much as we do.

Please get in touch if you have any questions or want to book your stay.

Email info@domainedemourmac.com

Call +33 785540161

Website www.domainedemourmac.com

We will send you a reservation form, as well as details on how to make your deposit payment.





A luxury space in South West France

Domane De Mournac
Mournac, 11190 Antugnac, France
T. +33 785540161
E. info@domainedemournac.com
www.domainedemournac.com

