



YOGA RETREAT

SATURDAY 5 - FRIDAY 11 MAY 2018

YOGA LED BY SABI KERR

Relax your mind, body & soul



DOMAINE DE MOURNAC

A luxury space in South West France

www.domainedemournac.com



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

ENJOY DELICIOUS HEALTHY FOOD, TWICE DAILY YOGA SESSIONS,
EXPLORING THE GLORIOUS COUNTRYSIDE
AND INTERESTING LOCAL EXCURSIONS.

Allow yourself the chance to relax, restore and unwind!

THE SCHEDULE

SATURDAY

17:30 Arrive in the afternoon, group transfer from Carcassonne airport
19:30 Welcome dinner and orientation meeting

SUNDAY

08:00 Smoothies or infusion
08:30 Yoga (Vinyasa flow)
10:00 Breakfast
11:00 Included excursion to Esperaza Sunday market
14:00 Light lunch
16:00 Yoga (Yin)
19:00 Evening meal

MONDAY

08:00 Light snacks and juices
08:30 Yoga (Vinyasa)
10:00 Breakfast
11:00 Hike to Mont-Sec
14:00 Light lunch
16:00 Yoga (Yin)
19:00 Evening meal

TUESDAY

08:00 Light snacks and juices
08:30 Yoga (Vinyasa)
10:00 Breakfast
11:00 Excursion to Rennes-les-Chateau with guided tour
14:00 Light lunch
16:00 Yoga (Yin)
19:00 Evening meal

WEDNESDAY

08:00 Light snacks and juices
08:30 Yoga (Vinyasa)
10:00 Breakfast
11:00 Free time - Optional bicycle tour*
14:00 Light lunch
16:00 Yoga (Yin)
19:00 Evening meal

THURSDAY

08:00 Light snacks and juices
08:30 Yoga (Vinyasa)
10:00 Breakfast
11:00 Free time - Optional wine tasting tour*
14:00 Light lunch
16:00 Yoga (Yin)
19:00 Evening meal

FRIDAY

08:00 Light snacks and juices
08:30 Yoga (Vinyasa)
10:00 Breakfast & Departure
11:30 Group transfer to Medieval Cite of Carcassonne

*Additional charges apply.



“Yoga is the journey of the self, through the self, to the self.”

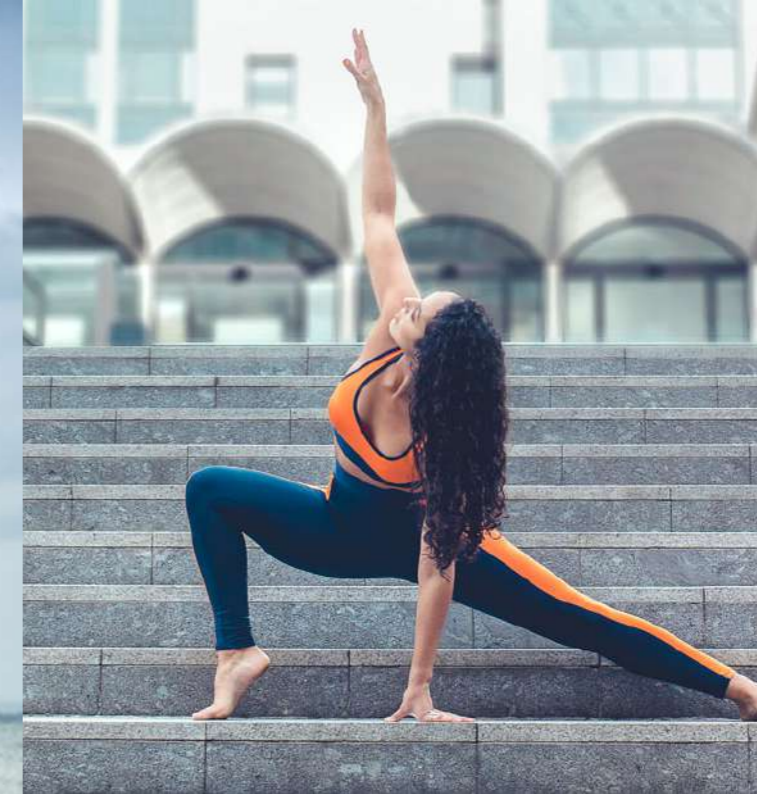
THE BHAGAVAD GITA



YOGA INSTRUCTOR SABI KERR

Sabi has had a passion for movement from a young age. Initially training in dance, she has always loved the creativity, joy and freedom of expression that comes with exploring the way the body moves. Her yoga addiction began when she realised that it went deeper than just making shapes with the body, and she started to feel the positive benefits on her mind and on the rest of her life. She enjoys encouraging her students to explore what their bodies can do, move in a way that feels good, and have fun along the way.

She also has a big passion for self-development, and loves supporting people to help them explore their purpose and manifest the life they've always wanted.



Yoga should make you want to smile!





BREATHTAKING VIEWS

Domaine de Mournac enjoys breathtaking views of the valley below, framed by the Pyrenees mountains. Being South West facing means wherever you are, you'll enjoy sun throughout the day.



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

A large outdoor swimming pool with a curved edge, set on a paved deck. The pool is surrounded by a lush green lawn and dense foliage. In the background, a large, forested hill rises under a clear blue sky. The scene is bright and sunny, with shadows cast across the grass. A small table and chairs are visible near the pool's edge.

THE POOL

The large heated outdoor pool at Domaine de Mournac is available for you take a swim anytime you like. Relax, unwind and take in the beautiful natural surroundings.

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 focusing on your practice, 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 strolling 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.





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