



*"Recharge your body
and mind this
autumn."*

A unique yoga, fitness and
mindfulness retreat to make
you feel GREAT.

*Occitanie, South
West France*

Thursday 4th October -
Sunday 7th October 2018



*FEEL
GREAT
RETREATS*

WITH ALICE & MATT



Immerse Yourself

Join Alice and Matt for this very special retreat, crafted to offer practices that will get your heart pumping, your face glowing and your mouth laughing. They've joined forces to blend together their teachings of yoga with vibrant, and most importantly fun, fitness activities.

Wake up every day to stunning views of the valley, breathing in the fresh mountain air. Journey inwards with journaling and meditation. Unravel tension via a juicy, vinyasa flow practice with Alice. Then get your endorphins pumping and pulse racing with Matt's signature HIIT/movement fusion classes. As the sun sets over the vineyards you will be soothed with yin and restorative yoga to ensure a deeply restful nights sleep.



Proposed Schedule

THURSDAY

- 17.00 Arrivals
- 18.30 Welcome ceremony & yoga
- 20.00 Dinner

FRIDAY & SATURDAY

- 08.00 Meditation & journaling
- 08.30 Vinyasa yoga
- 10.00 Breakfast
- FREE TIME
- 12.30 HIIT/Fun fitness
- 14.00 Lunch
- FREE TIME
- 18.00 Yin/Restorative yoga
- 20.00 Dinner

SUNDAY

- 08.00 Meditation & journaling
- 08.30 Vinyasa yoga
- 10.00 Breakfast
- FREE TIME
- 12.30 HIIT/Fun fitness
- 14.00 Lunch
- 15.00 Departures

All activities are totally optional and all levels of experience will be catered for. The schedule might differ slightly in terms of timings.





Accommodation & Pricing

All of the luxury rooms have recently been renovated and feature en-suite bathrooms. You'll wake up to stunning landscape views and the sounds of birds tweeting, total bliss. We provide bed and bath linens, slippers and eco shampoo, conditioner and showergel.



Aude

A light and airy bedroom with garden and mountain views. One double bed and one single bed. Can sleep up to three people. The en-suite bathroom has a full-size bath.

€700/£620 pp for a double bed in a shared room

€675/£600 pp for a single bed in a shared room

€950/£840 for 1 person in the room



Mont Sec

A bright and airy room with mountain views. One double bed and one single bed. Can sleep up to three people.

€700/£620 pp for a double bed in a shared room

€675/£600 pp for a single bed in a shared room

€950/£840 for 1 person in the room



The Old Bakehouse

A self-contained apartment with fitted kitchen and a private terrace. Three single beds available.

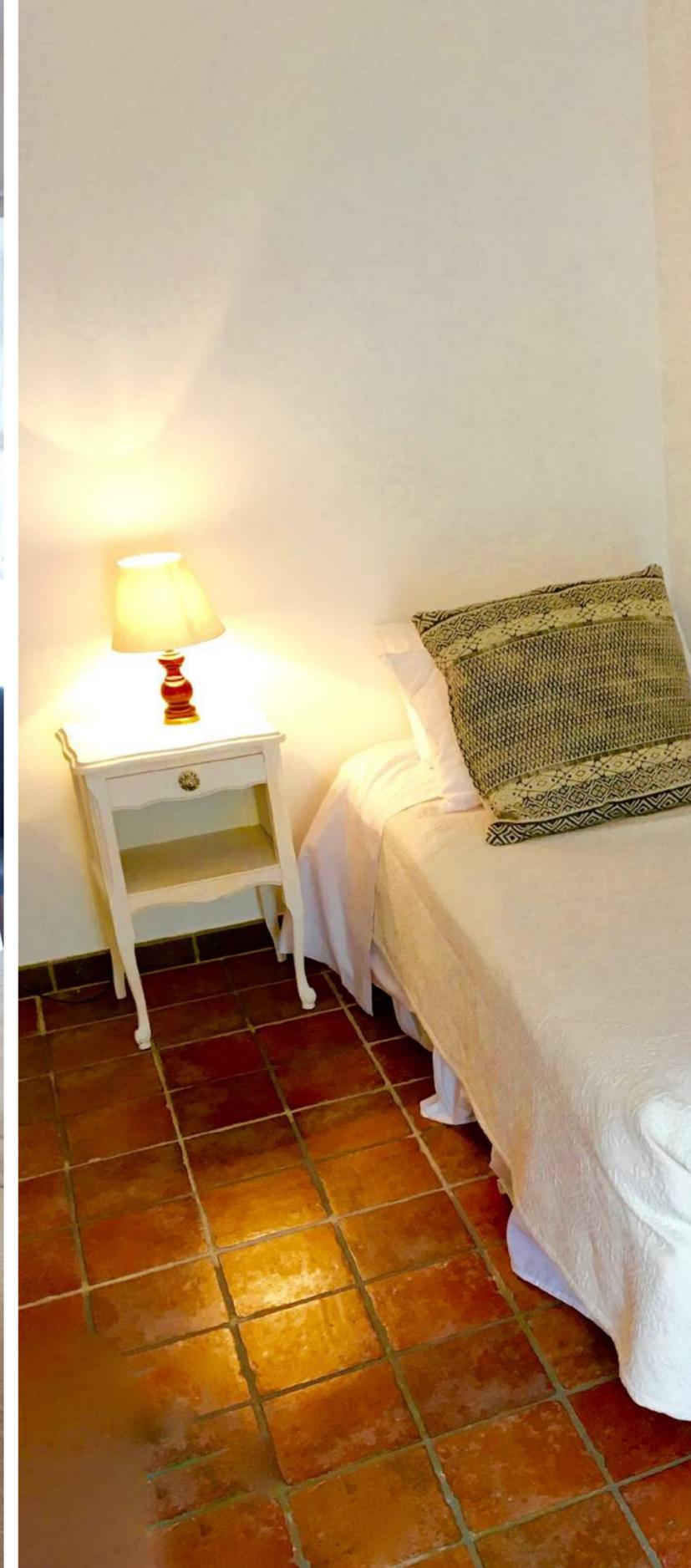
€650/£575 per person



Occitanie

A large south facing room with three single beds. Beautiful views of the courtyard and pool.

€600/£530 per person



Galamus

A cosy garden facing bedroom with lovely high ceilings. Two single beds are available.

€600/£530 per person



Meet Matt

Matt is the kind of guy who spreads joy wherever he goes; fun, energetic, strong, with a good dose of camp. With his colourful leggings, motivating music, and creative class structures, he melts together his experiences as a bootcamp instructor and yoga teacher. He encourages sweating, clapping, jumping, and of course burpees in almost every class. He makes exercise feel like pure joy!

From strong vinyasa flows to outdoor bootcamp and everything in between, Matt enjoys teaching the power of movement. Fitness, and yoga, is meant to challenge you, be fun, and make you feel good. Embrace the wobble!

@mattfeczko

@lungesinleggings



Meet Alice

Alice believes deeply in the power of yoga to shine a light on our limitless possibilities so we can uncover our full potential, and is constantly in awe at the transformative nature of yoga. Through her personal practice she has developed a stronger connection not only to her true self but her environment and those around her.

Teaching from an intuitive and nurturing place, Alice always invites students to connect and tune in as they move. She enjoys teaching creative vinyasa style classes that encourage students to explore their own individuality.

@moretoyoga

Delicious & Nutritious Food

Our local French chef will lovingly prepare locally sourced, seasonal produce for all your meals. There may even be a spot of kale! The food served will be healthy, abundant and nourishing to support you as you move through the weekend.

A self-serve drinks station will be available for you throughout the day. All dietary requirements can be catered for. Just let us know when booking.





Location

You'll be spending your days in a luxury 12th century stone coach house nestled in 15 acres of woodland and vineyards in the glorious region of occitanie, South of France.

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 sunshine throughout the day.

Does this retreat call to you?

We'd love for you to join us in October. This retreat will recharge your body, allow you to connect to yourself and the great outdoors, all while having fun and feeling great!

A 25% non-refundable deposit is required to book your space. Payment plans are available. Flights and transfers are not included.

*For any enquiries and to book your place please email
feelgreatretreats@gmail.com*

Travel Information

The closest airport is Carcassonne, only 45 minutes by car. Toulouse airport is 1 hour 30 minutes by car. You can either hire a car or we can arrange group transfers for you.

Transfer from Carcassonne for up to 8 people approx €170/£150 return. Transfer from Toulouse for up to 8 people approx €380/£340 return.

At the time of writing:

Flights from London Stanstead to Carcassonne €53/£47
Flights from London Stanstead to Toulouse from €41/£36
Flights from Barcelona to Toulouse from €58/£51

Address; Domaine de Mournac, 11190, Antugnac, France