



CHATEAU CHATELEINE ½ TERM SAMPLE ITINERARY

- 7-8 Pranayama (breathing exercises) and Meditation
- 8-9 Hatha yoga asana practice
- 7-9 Kids program and breakfast
- 9am Light vegetarian/vegan breakfast (Sattvic)
- 12:30 Delicious fresh vegetarian/vegan cooked and raw lunch (Sattvic)
- 4-5:30 Hatha Yoga asana
- 5:30-6 Yoga nidra
- 4-6 Kids artsy crafty program and dinner
- 7:30 Cooked traditional vegetarian/vegan dinner (Sattvic)

You can take a dip in the pool anytime as it is heated while the kids can run free through the estate's private gardens and woodland stopping only for the swings and the trampoline! Parents can enjoy holistic therapies while the kids are babysat or enjoying one of their many activities. There is a fancy dress box in the house and a playroom with toys and a beautiful indoor yoga space. If weather permits we meditate or practice yoga outside, surrounded by forest views of the valley. There is also a lovely gentle walk to Ser, a picturesque local village with a medieval church (with bells) and guests can enjoy excursions, including horse riding, hiking and visiting the markets and gardens of Angouleme. We warn you in advance it is just as likely that the children will take you on a family trip to the Nautilus waterpark, or the Accrobranche in Soyaux, where children climb the trees with the help of ropes and harnesses. For the tiny tots there's a traditional playground with swings and slides. If you don't fancy joining in you can sit and watch the adventure unfold in the shade of the trees with a green tea and look forward to your evening practice. This chateau is equipped with everything that your children of any age will need so leave high chairs, potties, sterilisers, cots, even blenders at home!

FAQS

THE RETREAT COST INCLUDES: YOGA AND MEDITATION CLASSES AND WORKSHOPS.

ALL VEGETARIAN FOOD AND ACCOMODATION

TRANSFERS, EXCURSIONS, HOLISTIC THERAPIES AND CHILDCARE ARE NOT INCLUDED.

FLIGHTS ARE DIRECT TO LIMOSGES AND POITIERS

ROOMS ARE PRICED AT £1550 PER ROOM (2 PAX)

FOR INFORMATION ON THE YOGA TEACHER TEACHING THIS RETREAT PLEASE KINDLY

EMAIL FRANCESCA@YOGOLOJI.COM