

South of France 2020 Yoga Retreat Itinerary

The following itinerary is the general container for our time together. We appreciate everyone's flexibility as the events may be subject to change.

6/4/20 Thursday ~ Arrival

Various Airport pick ups throughout the day and 4pm hotel checkin

7pm Welcome Dinner

9pm Seine River Cruise

6/5/20 Friday~ Avignon and Mas de'Llon

7am-845am Breakfast hours

7am-815am Morning Yoga

9am Travel from hotel to train station

1030am-130pm Speed Train from Gare de Lyon to Avignon (approximately 3 hours)

2pm Lunch and Short Walking Tour of ancient city of Avignon

4pm Bus to Mas de 'Llon farmhouse (30 minutes)

430pm-7pm Freetime

7pm Dinner in our local Village of Vallabrègues

Avignon is a city completely surrounded by stones, home to the Palace of Popes, and full of rich history at every turn. It is a stunningly beautiful city, a wonderful mix of relaxed elegance, and perfectly preserved medieval splendor.

The **Mas de'Ilon** is a our launchpad for adventure, discovery, and relaxation. The Mas de l'Ilon is a farmhouse and adjacent cottage filled with charm and character, located in Provence, in the beautiful southern region of France. We will be surrounded by

cherry orchards, peach, apple and apricot trees. The farmhouse is just steps away from the village center, **Vallabregues** where you can meet local craftsman and traders, explore it's cafes, and stroll through the Thursday market.

6/6/20 Saturday ~ Chateau La Coste

6am-930am Breakfast hours

8am-915am Morning Yoga

10am-1130am Pick up and arrival to Chateau La Coste (1.5 hour drive)

1130-2pm Outdoor Sculptural Art and Garden viewing and exploring, Wine tasting, Picnic Lunch at Chateau La Coste', and Guided or Solo Meditation time

2pm-330pm Pick up and Return to Mas de l'Illon

330-7pm Freetime

7pm Dinner TBA

Chateau La Coste is a destination famed for rose' wine and modern art. Emerging from underground through an aquatic mirror, we'll wander acres of vineyards to interact with art installations by Alexander Calder, Louise Bourgeois, and others, with a spiritual sound bath experience inside a deep womb-like cave made of wood. The universe of La Coste is enriched year after year as new pavilions and artistic installations are specially commissioned to fit into the natural setting of the estate. And to top it off, there's optional wine tasting!

6/7/20 Sunday ~ French Riviera Excursion

6am-830am Breakfast hours

7am-815am Morning Yoga

9am-11am Pick up and travel to the Calanques (ca-lawnkas) of Cassis (approximately 2 hours)

11am-2pm Boat Tour and Picnic Lunch (3 hours)
3pm Pick up to travel to Lookout View
4pm-6pm Return to Mas de l'Ilon
6pm-7pm Free time
7pm Dinner TBA

Today we take to the sea at the famous **Calanques of Cassis**, France's version of the fjords, with crystal-blue waters and dramatic cliffs. We'll embark from the picturesque port of Cassis on a private boat that will plunge us deep into the narrow waterways. We'll pick the best one to hop off for a beach picnic in the sunshine. Next, we'll drive the cliffs along an ancient ridge road, the Route des Cretes, often called the most beautiful road in France. Stopping at cliffs and peaks for sweeping views of the Mediterranean, we'll arrive at another port town called La Ciotat.

6/8/20 Monday ~ Art Caves and Castle

6am-830am Breakfast hours
7am-815am Morning Yoga
9am-930am Pick up and arrival to Les Baux: Art Caves and Castle
930-3pm Explore Les Baux and enjoy group lunch
3pm-330pm Return to Mas de l'Ilon
330pm-7pm Freetime
7pm Dinner TBA

We will be whisked away to the nearby town of **Les Baux**, where we will storm the ramparts of this mountaintop medieval castle and then dive deep into its heart. An abandoned quarry has been transformed into the **Carriers de Lumieres**, where art comes to life deep inside the cave in an extraordinary unique multimedia show unlike anywhere in the world.

6/9/20 Tuesday ~ Market Stroll And Cotes de Rhone

6am-730am Breakfast hours

8am-9am Pick up and travel to Maison La Romain Market (1 Hour)

9am-1pm Exploration of the village market, shopping, and lunch on your own

1pm Travel to Village of Gigondas (20 minute)

130-530pm Explore Gigondas, light yoga practice, enjoy wine tours, and/or local shopping

530-630pm pick up from Village of Gigondas and Return to Mas de l'Ilon

630-8pm Freetime

8pm Dinner TBA

Maison La Romain Market is filled with fruits and vegetables, fresh regional products, artisans, clothing, second-hand clothes, crockery, gifts and more. Wander and discover treasures through the main squares and streets of the town in a warm and Provencal atmosphere.

Experience the village and the wine of **Gigondas**. It is a unique place where nature, history, art and wine are intertwined in the southern Rhone wine region of France. The village of Gigondas was in Roman times known as Jucunditas (Latin for 'to give oneself up to joy') – a fitting name for a place dedicated to wine, where the winemaking tradition has developed for over two millennia. Taste Gigondas, Cru of Côtes du Rhône made largely of the grenache grape, in our own private wine tour. The grapes are grown at a higher elevation often in terraced vineyards threaded with limestone under the looming, saw-toothed Dentelles De Montmirail mountains.

6/10/20 Wednesday~ Free day

6am-930am Breakfast hours

8am-915am Morning Yoga

Lunch, Dinner, and activities on your own: Relax by our group pool or hot tub, take a Provencal cooking class, bike ride through the countryside...your choices are limitless

6/11/20 Thursday Return to Paris and Closing Ceremony

6am-930am Breakfast hours

8am-915am Morning Yoga

930am-12pm Free time

12pm-1230pm Pick up and arrival to Avignon train station

140pm-440pm Speed train from Avignon to Gare de Lyon station in Paris (approximately 3hr train ride) Packed lunch on board

4pm Check into Paris hotel

6pm Closing Ceremony

7pm Dinner TBA

6/12/20 Friday Au revoirs & Safe Travels

7am-9am Breakfast

Departures to the airport throughout the day