



# Weekend Getaway Yoga & Meditation Retreat

Friday 16h - Sunday 17h,  
Dec 8-10, 2023 (3D/2N)

*Limited space!*

*Reserve your place here!*

*Rest  
Reconnect  
Recharge*

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## *Retreat Package*

Cosy rooms with ensuite or shared bathroom

410 Euro/p double/quadruple sharing  
**Early Bird offer:** 350 euro (for booking by  
Nov 15)





*Treat yourself*

## *A day at Retreat*

Daily Yoga & Meditation  
Healthy, Vegetarian  
homemade meals  
Relaxing Sauna  
Herbal Tea & Fruits  
Nature hike by the  
canal/Forest  
Sharing circle  
Journaling



## *Venue*

Amilly, France (1.5 hrs from Paris)  
A private country house with Garden, Pool,  
Sauna, Theatre nestled on the bank of canal de  
Briare and a quaint forest

## *Hosts*

Anuradha & Bénédicte