



Yoga, Culture, & Adventure Retreat

in the South of France





A Shanti Yoga Retreat

**Join us for a 7-day
Yoga and Culture Tour**
in the South of France

October 14 - 21, 2023

It's impossible not to love France. Especially the beautiful and scenic South Eastern Region of Provence that drapes along the Riviera. Southern France's landscape is undeniably beautiful. What gives "Le Sud" its peaceful picture – as Van Gogh painted it, is the combination of the variety of landscapes. From the Mediterranean Sea to the Pyrenees mountains, passing by the endless land of vines, lavender or sunflowers, Southern France has it all.

Along with its picturesque hilltop villages are the magnificent ruins and ancient castles of centuries gone by. Every village is full of character and we could even say a soul exists as they continue to keep their old traditions especially their artisan markets and famous local wines.

Known as the land of the Sun, the French Riviera is the warmest place in France with over 300 days of Sun each year. The best thing about visiting the French Riviera in October is that the weather is still warm and you won't find the large tourist crowds that are a common scene during the peak summer season.

**Welcome to Southern France -
European Culture at its best!**



Trip Venue

Duration: 8 Days/7 nights

Le Foulon Estate ~ Our Home Away From Home

Exclusively booked for Shanti's retreat participants we will have the complete Estate to ourselves during our stay. "Le Foulon is that rare thing, an oasis of peace and quiet situated in Provence amongst stunning mountain scenery. It sits on 18 acres of its own grounds, bordered by a fast-running mountain river; yet just half an hour's drive or so from Nice Airport. All around the property are wooded mountain slopes with Eagles soaring on the thermals. A short walk away is Gréolières the oldest perched village in Provence with its historical ruins, artisan market and Fresco restaurants.

Back in the 1930s, Le Foulon was a well-known hotel; a favourite lunchtime venue for Picasso and his chums we are told. The property was neglected and fell into disrepair until discovered and acquired by an enterprising young English couple – Nick and Mia. Over the course of the last eight years, they have completely re-furbished Le Foulon in their own personal vision of a 'Grand Design'.

The Common Areas and the Grounds of Le Foulon

On the ground floor of Le Foulon overlooking a wooded valley, is a large double-aspect conservatory and library, where the only distraction is the gurgling sound of the river. Le Foulon also has a free wi-fi network and there is also a web-connected Apple iMac freely available for guest use.



Adjacent to the outside barbecue is a small boules court and a table tennis court under the shade of the trees. The property also has a pool with plenty of lounge chairs for those who want to catch some extra sunshine. But the main attractions at Le Foulon are less strenuous like watching the birds or sitting with a book with the sound of rutting deer as a backdrop. There are plenty of nooks and crannies on the property (inside and out) to get away, explore, or read a book.



■ Rooms

The luxury rooms at Le Foulon are furnished with either king-sized beds or twin beds which are clothed in the finest Egyptian cotton sheets, feather pillows, and eiderdown duvets (if you have an allergy or another preference just let us know). The emphasis is on stylish comfort with unusual touches, like iPod docks and bedside lamps with three-level touch bases, so that you can read at a low light level and not disturb your sleeping partner.

On the top floor are two luxury suites with another beautiful touch – electrically operated opening windows over the beds allow for some spectacular stargazing as you drift off to sleep.





Each bedroom has an ensuite. The bathrooms (ensuites) are all modern, with an endless hot water supply.

All accommodations will be single, or double shared rooms. We can easily match you up with a roommate if you are coming alone. Rooms are issued on a first-come, first-served basis. The villa can accommodate up to 18 participants.





■ Dining at Le Foulon

Whether inside or outside the nightly promise of good conversation around the communal dining table is at the heart of this remarkable place. Dinner is to the same high standard as the accommodations, using fresh local ingredients and home cooked by our personal French chef (Nic) who is as passionate about cooking as he is knowledgeable about the local Provençal specialties that he conjures up. A knowledgeable nose is also evident in the house wines that are offered. All dinner meals will be served with your choice of red or white wine, which is included with your retreat pricing.





■ Yoga

Daily yoga/meditation classes will take place in the Yoga Studio, with floor-to-ceiling windows that overlook the beautiful tranquil grounds. Yoga mats will be available; however, please bring your own strap/block if required.

This trip is for absolutely everyone-yoga experience or not. We will offer a mix of physical yoga classes, meditation, and breath work around various yoga styles. You can count on lots of Vinyasa (Flow) styles to get moving in the morning, as well as restorative options, such as Yoga Nidra and Yin Yoga.

Yoga will be guided by teacher Uriel MacGillivray. You can check out her bio here: www.shantihotyoga.ca.



Daily Schedule

DAY 1 ~ October 14

Arrival/Check-in: 4pm

After arriving at Le Foulon, you can take your time to unpack and take a relaxing walk around the grounds. Our group will meet for an information session, followed by sunset Yoga and dinner.

Meals: dinner

Activities: yoga



DAY 2 ~ October 15

MONACO, LA TURBIE, AND THE MEDIEVAL VILLAGE OF EZÉ

Meals: breakfast, lunch, dinner

Activities: yoga, day-long tour - includes walking, sightseeing, arts & culture

We will depart from Le Foulon at 9 AM to meet our tour guide in Monaco. **Monaco City**, also called “the Rock”, is the historical centre of the Principality. As its name suggests, it is located on top of a 60-metre high hill, overlooking the sea.

An iconic part of any trip to Monaco is to visit Casino Square to take in a view of the magnificent hotels, luxury shops, and the Ballet De Monte Carlo offices.



LA TURBIE

We will continue on to Turbie, a picturesque Medieval village perched on the cliffs overlooking Monaco and the Mediterranean sea. A lovely little village in its own right, La Turbie hosts the Roman Trophy of Augustus, a monument for the Roman roads Via Julia and the Aurelian Way between Rome and Roman Gaul.

Wandering through the village, you'll also discover 12th and 13th-century defensive walls, picturesque arched passages and lovely plants and flowers just about everywhere. From La Turbie village you have a magnificent view of the Mediterranean coast, of Monaco just below, and out to the northeast past Roquebrune-Cap-Martin to Italy.



ÈZE

The medieval village of Èze was built over 400 meters above sea level, where you can enjoy a fairytale view of the French Riviera.



You'll think you've stumbled onto a movie set when you step inside Eze Village with its lush vegetation, including bananas, dates, carob trees, orange and lemon trees; all are proof of the year-round warm climate. A small Provencal village filled with charm and colourful window boxes, offering a panoramic view of the sea and coastline. You'll be charmed by the small narrow roads, archways, and superbly restored stone houses.



DAY 3 ~ October 16

CANNES, BIOT, and LA VERRIERE

Meals: breakfast, lunch, dinner

Activities: yoga, day-long tour - includes walking, sightseeing, arts & culture

We will depart Le Foulon at 9 AM for a full day-long tour of Cannes, Biot, and La Verriere. Our personal tour guide will meet us in Cannes. Since the end of the 19th century, and perhaps even more so than any other Cote d'Azur town, Cannes is associated with the rich and famous. This is in part due to the prestigious annual Cannes Film Festival and its celebrities. We will start our visit in the main harbour area in the centre of Cannes. Situated along the sea edge the harbour glitters with the reflections of the sun from the many yachts harboured here. Walk a bit further along this coastal section and you are on the famous **Boulevard de la Croisette**.

The Palais des Festivals, the location of the Cannes Film Festival, is on one side of the boulevard. You too can have your photo taken on the famous steps of the Palais with its famous red carpet. Nearby is the **“Walk of Fame”** with the fingerprints of famous stars such as Clint Eastwood and Bruce Willis and hundreds of others. Called the **Chemin des Etoiles** ('path of the stars') these can be seen near the Palais des Festivals and along the Esplanade Pompidou. Back beyond the old port and harbour, we walk up the hill known as **Le Suquet**, the oldest part of Cannes. This is a very picturesque part of the town with narrow streets and steep staircases between the ancient houses.

We will continue on to Biot, a medieval gem, steeped in history and overlooking Provence. Later we will visit Verrerie, an art and glass ecomuseum. After a full day, we will return to Le Foulon to relax before dinner.



DAY 4 ~ October 17

FREE DAY OR VISIT TO GRÉOLIÈRES

Meals: breakfast, lunch, dinner

Activities: yoga, leisure, hiking (optional), sightseeing

Today will be a “down-day” at Le-Foulon. After a busy few days, you have the option of relaxing by the pool, catching up on your reading or simply enjoying the grounds of Le-Foulon.

For those who are interested, Don will be leading a hike (90 minutes of walking) to visit the closest town, Gréolières. Today we will be eating breakfast, lunch, and dinner at Le-Foulon. The hike will be taking place after lunch.

GRÉOLIÈRES

The trek to Gréolières is 50 minutes (4km) uphill walking through wooded trails, and 30 minutes back. There are only 500 people living in the medieval village but it has a market, four restaurants and a few little shops. This is a sweet place to stroll about as it is off the beaten track and much less touristy. To really understand the history of Gréolières we'll need to walk a further 10 minutes up the mountain to the ruined old town, now known as Haute Gréolières. Only the chapel has been restored since it was left to the elements when the plague came calling. The inhabitants of Gréolières fled the town and crossed the valley to the village of Cipieres, taking the plague with them. The survivors who returned vowed never to live in the old buildings again and rebuilt their village just a short distance away. Even today many of the locals still own a few walls among the ruins, but the decision to leave the old village at rest remains steadfast.



DAY 5 ~ October 18

GOURDON AND GRASSE

Meals: breakfast, lunch, dinner

Activities: yoga, day-long tour - includes walking, sightseeing, arts & culture

Our vehicle will depart from the Estate at 9 AM for the one-hour drive and day-long excursion to Gourdon and Grasse. Gourdon is a beautiful medieval village with beautiful views from its perched position in the mountains. Nick-named the Eagles Nest, the Village is perched at 760 meters on a dizzyingly high rocky outcrop. Located in the Alpes-Martitimes, and overlooking the valley of the Loup it has some of the most beautiful panoramic views in the Mediterranean. Gourdon is built on a peak which slopes down to the river Loup, a 50-kilometre river.





We will continue on to the old town of Grasse to meet our tour guide and have lunch. Later, we will visit the historic perfumery factory of Grasse. Purchased in 1926, this 18th-century tannery became a perfume factory at the very beginning of the 19th Century. Fully renovated and transformed in 2015, the historical factory offers an original journey of discovery into the mystery of traditional perfume making, from processing the raw materials to packaging the finished products. The machines used, from the copper stills to those in the soap workshops, provide an interesting glimpse of the historical, social and cultural aspects of the techniques and working conditions that prevailed in family-run perfume factories until the 1950s.

DAY 6 ~ October 19

NICE

Meals: breakfast, lunch, dinner

Activities: yoga, day-long tour - includes walking, sightseeing, arts & culture

Today we will be taking a leisurely bus ride into Nice. Our yoga and breakfast will start a little later today. Our driver will take us to a couple of Nice's main attractions. Later, We will gather our group for lunch at a local bistro. There will be time to stroll around downtown Nice at a slower pace and enjoy the culture and shopping. We will meet our driver and head back to Le-Foulon in time for dinner.



DAY 7 ~ October 20

FREJUS AND SAINT RAPHAEL – CORNICHE d'OR

Meals: breakfast, lunch, dinner

Activities: yoga, day-long tour - includes walking, sightseeing, arts & culture

We will depart Le Foulan at 9 AM for the beautiful scenic drive along Corniche d'or heading towards Frejus Saint Raphael. As you can see from the image, the seascape views are breathtaking.



SAINT RAPHAEL AND FREJUS

Raphael's name means "God heals." This identity came about because of the biblical story which claims that he "healed" the earth when it was defiled by the sins of the fallen angels in the apocryphal book of Enoch. A highly prized vacation destination it has a diverse culture which has attracted writers and artists from all over the Globe. Its biggest attraction is the sea and its beaches. Saint-Raphaël stretches over 36 kilometres of coast from the town centre to the edge of the Alpes-Maritimes and has over thirty sandy beaches. We will continue on to Frejus, a port town on the Côte d'Azur. Later we will visit Clos Des Roses a family owned organic winery where we will enjoy a tour and a wine tasting.



DAY 8 ~ October 21

DEPARTURE

Meals: breakfast
Activities: yoga

In the morning you will have your goodbye Yoga session followed by a delicious breakfast. **Check-out is at 10:00 AM.**

Daily Schedule at a Glance

Please note that times are approximate and are subject to minor changes

DAY 1 - October 14

- 3:00 PM Check In
- 5:00 PM Information Session with Retreat Leader and Group
- 5:30 PM Yoga and Meditation
- 7:30 PM Dinner

DAY 2 - October 15

- 7:00 AM Yoga Session
- 8:00 AM Breakfast
- 9:00 AM Day Long tour MONACO, LA TURBIE, AND THE MEDIEVAL VILLAGE OF EZÉ ~ Lunch at restaurant included
- 6:00 PM Arrive Back at the Estate
- 7:30 PM Dinner

DAY 3 - October 16

- 7:00 AM Yoga Session
- 8:00 AM Breakfast
- 9:00 AM Day long tour to CANNES, BIOT, and LA VERRIERE ~ Lunch at restaurant included
- 6:00 PM Arrive Back at the Estate
- 7:30 PM Dinner

DAY 4 - October 17

- 8:00 AM** Yoga Session
- 9:00 AM** Breakfast
- 10:00 AM** Down day, or the option to hike to Gréolières
~ Lunch at the Estate
- 7:00 PM** Dinner

DAY 5 - October 18

- 7:00 AM** Yoga Session
- 8:00 AM** Breakfast
- 9:00 AM** Day long tour to GOURDON AND GRASSE
~ Lunch at restaurant included
- 6:00 PM** Arrive Back at the Estate
- 7:30 PM** Dinner

DAY 6 - October 19

- 7:00 AM** Yoga Session
- 8:00 AM** Breakfast
- 9:00 AM** Day long tour to NICE
~ Lunch at restaurant included
- 6:00 PM** Arrive Back at the Estate
- 7:30 PM** Dinner

DAY 7 - October 20

- 7:00 AM** Yoga Session
- 8:00 AM** Breakfast
- 9:00 AM** Day long tour to FREJUS AND SAINT RAPHAEL -
CORNICHE d'OR + Winery ~ Lunch at restaurant +
wine tasting at Clos Des Roses (included)
- 6:00 PM** Arrive Back at the Estate
- 7:30 PM** Dinner

DAY 8 - October 21

- 7:00 AM** Yoga Session
- 8:30 AM** Breakfast
- 10:00 AM** Check out/Departure

IMPORTANT PRE~FRANCE RETREAT INFORMATION

PASSPORT/VISA REQUIREMENTS

- Upon entering France, border authorities will require that you show documentation to justify the reasons for and the duration of your stay.
- You can enter France with your passport valid at least six months after the intended date of departure.
- Canadians and Americans do not need an entry visa to enter France.

HEALTH

Routine vaccinations should be up to date. The WHO recommends the following vaccinations for Western Europe: Hepatitis A, Hepatitis B, Typhoid and Rabies. Covid 19 restrictions have been lifted entirely.

CURRENCY

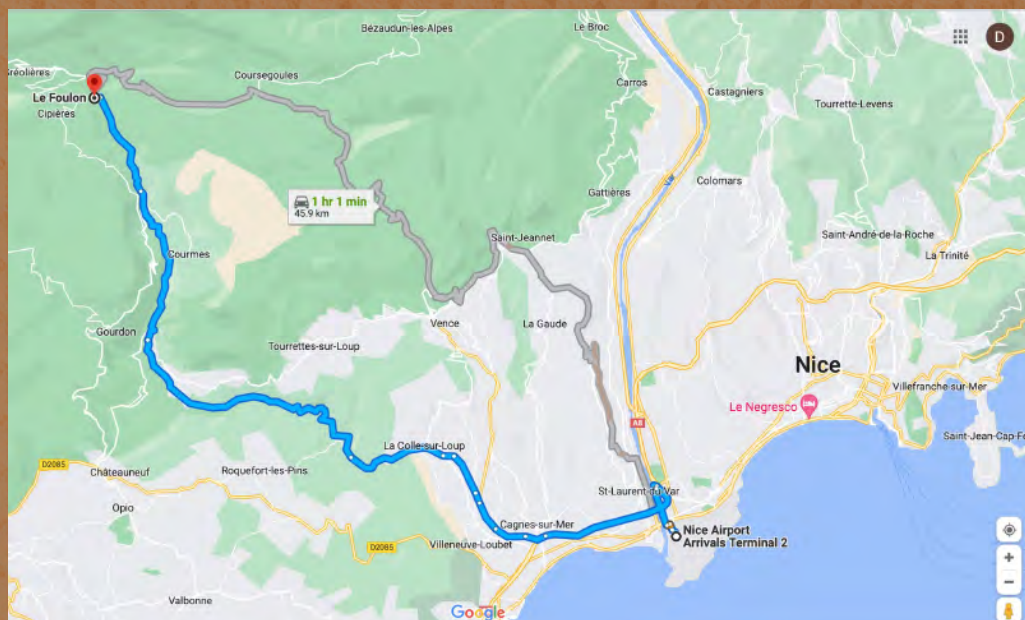
The Euro is the official currency of France.

TRANSPORTATION

Participants are responsible for their own flight arrangements and travel to and from the airport to Le Foulon, in Gréolierès. The airport you will fly to is Nice (Nice-Côte D'Azur Airport (NCE)).

DIRECTIONS TO THE ESTATE

From Nice Airport to Gréolierès it is approximately 30-45 minutes. It costs approximately 100 Euro by taxi. Taking a train or bus is also an option. Once we have all the participants registered we can look at arranging group transportation to reduce costs.



INCLUSION AND EXCLUSION

Price includes ~

- Accommodation based on single, (one person in a room), or double, (2 people in a room)
- Meals outlined in the itinerary
- Wine/Beer during dinner at Le Foulon
- Tours and excursions as outlined in the itinerary
- Yoga Instruction

Price excludes ~

- Airline travel to France
- Transportation from airport to retreat center (Le Foulon) and back (bus, taxi, train),
- Optional activities other than those outlined in itinerary
- Alcoholic beverages other than those specified for daily dinner at le Foulon
- Personal expenses
- Travel insurance

REGISTRATION AND PAYMENT DETAILS

INVESTMENT

Single occupancy - \$2,999 USD

Double occupancy - \$2,559 USD

*Our Estate has available, 11 doubles, and 2 singles.
Bookings will be made on a first-come, first-serve basis.

INSTRUCTIONS TO RESERVE YOUR SPOT

- \$500 USD deposit is required to reserve your spot
- Payment # 2 after the deposit is due July 30, 2023
- A payment link for payment # 2 will be forwarded to your email after you make your USD \$500 deposit

To reserve your spot, please pay your USD \$500 non-refundable deposit as soon as possible. Payment links can be found by clicking on the following link: www.shantihotyoga.ca/retreats

CANCELLATION POLICY

- USD \$500 deposit is non-refundable
- In the event that a participant has to cancel, 100% of payment 2, after the USD \$500 deposit, is refundable up to August 15, 2023
- In the event a participant has to cancel between August 15 and September 15, 50% of payment 2 is refundable, after the USD \$500 deposit
- No refunds granted after September 15, 2023
- Airline fees and service charges related to the cancellation of flights are the responsibility of the individual traveller
- If you do cancel your trip and we are able to fill your spot we will provide a full refund for payment number two, regardless of the date of cancellation

TRAVEL INSURANCE

Travel insurance is the responsibility of each individual traveller. Shanti Yoga does not provide insurance for individuals or groups.

For any further inquiries please contact Uriel MacGillivray at:
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We can't wait to share this adventure with you!



shāntiyoga

