



PILATES retreat™

CARCASSONNE, FRANCE, 6TH OCT 2018

How does 6 days of rest and restoration sound to you?!

Join us at a beautiful manor house, 10 miles from Carcassonne, for a week of wellbeing; Pilates classes each morning, to stretch, strengthen & tone your body.

Guided walks from La Maison each afternoon, Qigong/stretch class at dusk, chance for personal reflection*, or, explore, play golf, do your own thing!

Included: Brunch each day at 11am, 3 course evening meal for 4 nights out of your 6-night stay, en-suite double rooms. (With no surcharge for single occupancy).

Opt in, opt out, stay in bed the whole day if you want to!

Our chosen venue, La Maison, has:

- A heated swimming pool and hot tub.
- Local village within walking distance with bakery, restaurant, doctors.
- Golf course 20 mins away, local bike hire, or an hourly bus to Carcassonne!

*For those who want to join in, an evening coaching circle will explore the question, 'How am I aligned, balanced, and well?' Providing you with exercises for reflection, tools and practical strategies, for wellbeing.

Venue: www.southfrance.co.uk

Dates: Arrive 6/10/18 after 4pm, leave 12/10/18, 11am onwards.

Nearest airports: Carcassonne, Narbonne, Beziers, Toulouse.

Nearest train station: Carcassonne.

Cost: £700 early bird price until 1st June. £850 thereafter. £100 non-refundable deposit to secure your place. **NB Flights not included.** Pick up may be arranged.

To secure your place or find out more, call Rachel on **07876 125371** or email rachel@facingchange.co.uk

Places: Limited to 12.

PILATES retreat™ is led by Rachel Turner, a qualified Pilates instructor and personal development Coach, with 18 years' experience of supporting personal and team performance. Rachel brings a sensitive and playful nature, a creative teaching practise, and intuitive questioning and listening skills.

COME! REST, RECHARGE, RESTORE!

Photo credit: Marti Saragossa