

Sunday, 7 March

2:00 pm

ARRIVAL & SETTLING IN

Welcome and arrival of participants, followed by time to settle in and discover the estate over a welcome drink.

5:00 pm

OPENING CIRCLE

Introduction to the retreat and a moment to share intentions.

5:30 pm

OPENING YOGA SESSION

A progressive practice combining breathwork, movement and relaxation.

8:00 pm

DINNER

Healthy yet indulgent cuisine inspired by fresh, seasonal produce.

9:30 pm

QUIET EVENING

A relaxing moment to unwind and connect over herbal tea.

Monday, 8 March

7:30 am

MORNING RITUAL

A gentle start to the day with a hot drink and a light snack.

9:00 am

EXTENDED YOGA PRACTICE

A dynamic Vinyasa session combining breathwork, strength, balance and flexibility.

12:30 pm

HEALTHY & INDULGENT LUNCH

2:00 pm

BIKE RIDE

An escape through the region's natural landscapes and heritage.

5:30 pm

DEEP RESTORATIVE YOGA

A gentle Yin Yoga practice combining deep stretches, breathwork and letting go.

7:00 pm

MEDITATION

A guided meditation to restore a sense of calm and integrate the benefits of the day.

8:00 pm

DINNER

Balanced, flavourful plant-based cuisine.

Tuesday, 9 March

7:30 am

MORNING RITUAL

Hot drinks and a light snack for a gentle start to the day.

9:00 am

FINAL EXTENDED YOGA PRACTICE

An energising session to strengthen the body, release tension and restore balance.

10:30 am

PERSONAL TIME

Ayurvedic workshop exploring the Doshas.

11:30 am

MEDITATION & INTEGRATION

A moment dedicated to breathwork, visualisation and reconnecting with your intentions.

12:30 pm

BRUNCH

A generous and indulgent brunch featuring fresh, seasonal produce.



LES SOURCES DE VOUGEOT
BOURGOGNE

Retreat Rates

Comfort Room

Simple _____ 1 059€

Double _____ 1 478€ so 739€ / person

Prestige Room

Simple _____ 1 159€

Double _____ 1 578€ so 789€ / person

Junior Suite

Simple _____ 1 279€

Double _____ 1 698€ so 849€ / person