

Sattva Yoga Retreat in Burgundy, France

Wed., May 3rd - Wed. 10th

Join Sylvi & Keila for Sattva's May 2023 Burgundy, France Yoga Retreat!

WHERE YOGA CLASSES WILL BE HELD:

Chateau de Valogne, an 18th-century stone castle in France's Morvan National Park, near the town of Autun in the Burgundy region of France, approximately 180 miles southeast of Paris. Autun has a population of ~15,000, was founded by the Roman Empire as its France headquarters, and came to be known as the "walled city" as the Romans constructed huge stone walls around it for defense. It was home, at that time, to up to 100,000 people. This famous and historic town features incredible Roman architecture, artifacts, and an outdoor theatre constructed during that era.

INCLUDED IN WEEK-LONG RETREAT COST:

Lodging at an 18th-century stone castle, Chateau de Valogne, in France's Le Morvan National Park
OR

at La Roseraie Restaurant/B&B, a beautifully restored 19th-century house in a nearby village

**additional lodging/B&Bs are available- inquire with Sylvi*

8:00 a.m. Continental Breakfast at La Roseraie restaurant prior to morning yoga classes. (You can opt out for a lower rate if you want to make your own breakfast.)

Two Morning Yoga Classes Taught by Sylvi Harwin & Keila Jenson:

(Optional 7:00 a.m. - 7:45 a.m. Meditation led by Sylvi at the Castle)

- 1) Meditative Yin Yoga at 9:00 a.m. - 10:30 a.m., followed by
- 2) Vinyasa Flow Yoga at 10:45 a.m. - 12:15 p.m. (adapted to attendee fitness levels)

AMAZING 3-Course Vegetarian Group Lunches:

at 12:45 p.m. at nearby La Roseraie restaurant/B&B. A very talented Dutch chef (she & her husband own La Roseraie) creates wonderful meals with freshly-picked organic ingredients--truly a trip highlight! Afternoons and evenings are free for hiking and biking or day trips, including group tours of local attractions organized by Sylvi

An optional afternoon yoga class will be scheduled at the castle if there is enough interest and if time permits after your day trip.

Please note that dinners are not included in the retreat cost. The area has so many wonderful restaurants to choose from, or we might dine at the town/area we are visiting in the afternoon.

COST:

From \$1,660 - \$2,106, depending on the accommodations you select--either the castle, Chateau de Valogne, or La Roseraie B&B.

