

C'EST MAGNIFIQUE!

A Yoga Retreat in Bordeaux, France

with Julie Bradley-Low, CYT

January 26th - 31st, 2025



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*The perfect blend
of relaxation & cultural immersion!*

BONJOUR!

Welcome to my booklet about my France retreat in 2025! In the next pages, you will learn all about Bordeaux, the wellness and cultural parts of the retreat, practical and logistical details, and a little bonus!

But first, here is the story behind my France retreat.

For more than a decade, I have been teaching yoga on the Bruce Peninsula.

It all began in Owen Sound in 2014, where I established my home studio and collaborated with local yoga studios. In 2016, I co-led my first retreat in France for two weeks with two groups of 10 people.

After that, my husband and I pursued our dream by relocating to a property near Wiarton, where we inaugurated our studio in 2019. Observing the consistent flow of students to our new space, their unwavering loyalty, and the growing enthusiasm for what we provide, I felt compelled to extend the experience through a retreat for our community.

Recognizing the ideal opportunity, I decided to designate my favourite city in France as the retreat destination. This choice allows me to align my teaching, my roots, and my eagerness to share something truly special with participants.

Bordeaux holds a special place in my heart, as it's where I spent all my childhood summers and later lived as a young adult while pursuing my studies in Art History and Archaeology at the university. I am thrilled to introduce this beautiful city, rich in history, offering culinary delights, and a reflection of my culture.

This retreat promises a distinctive blend of wellness and adventure. Participants will not only immerse themselves in relaxation, stretching, and restoration but also gain insights into the city's culture, history, and culinary offerings. I can't wait to welcome you in Bordeaux!

Julie

MEET YOUR HOSTS



Julie Bradley-Low, CYT

Originally from France, Julie spent her childhood summers in the South West and studied Art History & Archeology in Bordeaux University for 5 years. Julie has been teaching Yoga in Grey Bruce for over a decade now. Julie's yoga classes are inclusive, she enjoys teaching beginners, supports long time practitioners & loves offering variations to empower her students. Julie is eager to share her favourite part of France and her culture intertwined with moments of deep relaxation and rejuvenation.



Grant Bradley-Low, RMT

Born near Warton, Ontario, Grant lived on and off the Bruce Peninsula until starting his training to become a Massage Therapist at Centennial College in Scarborough (2007 - 2010). For over 15 years, he has been helping people with rehabilitation, fascial work, deep tissue and sports massage. Whether it's specific, therapy focused massage, general relaxation massage or a nice blend of the two, Grant strives to work with all clients to develop an individual treatment plan and an approach that will suit their goals.

ABOUT BORDEAUX



The UNESCO-listed city of Bordeaux in south-west France is home to world-class wine, shopping, cycling, inventive architecture and relaxed riverside living.

Embark on an enchanting journey to Bordeaux, a city that holds a special place in my heart and stands as one of the most breathtaking gems in France. Bordeaux seamlessly combines a human-sized charm with an ancient allure, where contemporary cultures coexist harmoniously at every turn. Having spent over five years immersed in its vibrancy and with my parents calling it home, Bordeaux unveils a unique and unparalleled showcase of French cuisine and delicacies.

9 Things to Tease Your Curiosity About Bordeaux:

- There are 350 historical buildings & monuments
- There is an entire museum dedicated to interactive wine experience
- One of France's most bicycle friendly cities, town centre is car-free with many grab-a-bike stations
- Home of the cleanest most silent and stylish streetcar
- One of the best foodie cities in the world with seafood and 'terroir' ingredients near by
- Glorious chocolate at hundreds of chocolatiers
- Europe's longest and tallest vertical lift bridge, the Jacques Chaban-Delmas bridge
- Europe's longest pedestrian shopping street
- Bordeaux was voted Europe's best destinations over 20 other famous cities, and won the World's best city to visit in 2017.



ACTIVITIES

INCLUDED



10 Yoga classes

Twice daily for 5 consecutive days you will attend a gentle restorative yoga class.

In the morning, the yoga sessions are designed to awaken your body, mind and heart to be ready for a day of cultural sensory adventure!

In the late afternoon, the yoga sessions are catered to loosen up your body from all the explorations, to get ready for a beautiful evening and to help you integrate all the wonderful things you learned and experienced.

No experience in yoga needed! I love teaching beginners and my gentle and restorative classes are inclusive and adaptable to all levels.

Personal Massage

Each participant will receive a 30 minute relaxation massage with Grant Bradley-Low, RMT.

If you haven't experienced a relaxation massage from Grant yet, get ready to unwind and relieve your head, neck and shoulders as you will be using them to observe the wonders of Bordeaux.



ACTIVITIES

INCLUDED



Tour of the Grand Théâtre

Join us for a very special, hour long visit of this majestic building. Designed at the end of the 18th century by the architect Victor Louis, the Grand Théâtre is undoubtedly one of the most spectacular and beautiful theatres in Europe.

It is one of the few remaining theatres to have been built entirely of wood. The guided tour includes an exterior presentation of the building, followed by a visit to the vestibule, the Great Staircase and the auditorium as seen from a glazed box.

Private Masterclass on Bordeaux Wines

Dive into the fascinating world of Bordeaux wines, where you'll explore concepts such as terroir, grape varieties, appellation, classification, vinification, aging, storage, and the art of wine service.

Each wine will be thoughtfully paired with exquisite regional charcuterie and cheeses. This culinary adventure will not only deepen your understanding of Bordeaux wines but also introduce you to the basics of food and wine pairing.



Night Time Dinner Cruise

Bordeaux by night is magical : the UNESCO façades, the illuminated bridges...

While savouring a delicious dinner prepared on-board, using fresh and local products (dietary options available) discover Bordeaux in a unique way as you enjoy this exceptional two-hour cruise.



ACTIVITIES INCLUDED



History and Food Tour

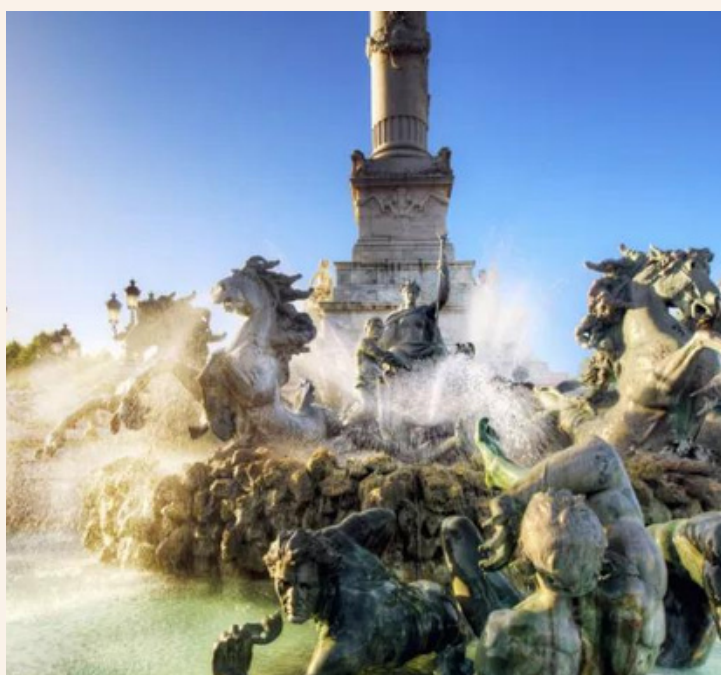
During this two-hour guided tour, you will discover the historical center of Bordeaux, its main districts, monuments and squares: Saint-Paul, Saint-Pierre, the Grosse Cloche, the Saint-André cathedral, the Monument to the Girondins and the Grand Théâtre.

But above all, we will stop at 4 independent foodshops, each one making a sweet specialty of the region that you will taste on the spot. Come and you will see that there is so much to discover and to taste in Bordeaux !

Walking Tour

Discovering Bordeaux on foot is the best way to experience the city's diversity. This 2 hour guided walking tour with a knowledgeable guide will make you discover the 'City of The Lumières', stunning hôtels particuliers, beautiful squares and avenues are spread all along this route that takes you through picturesque areas like Saint Rémi and Saint Pierre quarters.

Some of the winding streets have not changed since the Middle Ages. "Blondstone" is present everywhere, including in the sculpted faces that sit atop the city centre doorways, the mascarons. These stand as remarkable examples of art and masonry.



Other Visits Include:

- Local shopping areas
- Cathedrals & historical sites
- Fresh markets

DRAFT SCHEDULE

TIME	SUNDAY JAN 26	MONDAY JAN 27	TUESDAY JAN 28	WEDNESDAY JAN 29	THURSDAY JAN 30	FRIDAY JAN 31
Morning		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
		Gentle Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga
		Activity	Activity	Activity	Activity	Activity
		Free time	Free time	Free time	Free time	Free time
Afternoon		Lunch on your own	Lunch on your own	Lunch on your own	Lunch on your own	Lunch on your own
	Your arrival in Bordeaux train station	Walking Tour	Tour of the Grand Theatre	History and Food Tour	Private Wine Masterclass	Group Activity TBD
	Your transit Bordeaux train station to hotel	Free time	Free time	Free time	Free time	Free time
	Your check in at the hotel	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga	Restorative Yoga
	Welcome Circle LTBD	Free time	Free time	Free time	Free time	Closing Circle LTBD
Evening	Group supper #1	Supper on your own	Nighttime Dinner Cruise	Supper on your own	Supper on your own	Group supper #3
	First night at the hotel					Last night at the hotel
						Next day last Breakfast at the hotel

ACCOMMODATION

It is up to each participant to book their own accommodation. I HIGHLY recommend this hotel because it offers a good variety of rooms with kitchenette right downtown for a great discounted price. You are in charge of booking your hotel room, if you would rather book in another location, please make sure that you are in the city centre and not too far from the yoga studio as we will meet there twice daily.



Adagio City Bordeaux Gambetta aparthotel Highlights

- Proximity to the historical centre
- Gym, sauna & steam room
- Free wifi
- Breakfast included
- GF & vegan options
- Laundry services
- Check-in: 3PM Check-out: 11AM

Studio for 2 people: Accommodation w/ double bed, direct phone, TV, kitchen equipped (electric hobs, microwave, dishwasher, refrigerator, crockery), bathroom and toilet.

Studio for 3 people: Lounge with 1 single sofa bed and 1 double bed (separated by a Japanese screen wall), fully equipped kitchen (electric stove, microwave, dishwasher and fridge), bathroom with bathtub and shower, separate toilet, telephone and TV.

Studio for 4 people: Lounge with 1 double sofa bed, a separate bedroom with 1 double bed, fully equipped kitchen (electric stove, microwave, dishwasher, fridge), bathroom with bathtub and shower, separate toilet, direct-dial telephone and TV.



A discount is applied after 3 nights booked, and an additional 5% off is available if you sign up for the free loyalty card.

<https://all.accor.com/hotel/6643/index.en.shtml>

FOOD



Bordeaux is cradled between the sea and land, making it a hot spot for culinary adventure. Its location was part of the triangular commerce, which brought exotic resources to France throughout history.

Bordeaux has a very interesting and delicious culinary scene. It is known for fresh seafood, plentiful vegetables, and amazing refined sweet treats.

This retreat is designed to be one of culture, exploration, experience, and adventure. Meals will be at your own expense and choice. You are free to explore the local artisanal boulangeries, patisseries, bistros, cafes and restaurants that Bordeaux has to offer.

Food Tips

1. If you choose to stay at the recommended hotel, daily breakfast is included
2. Each hotel room also has a mini kitchenette, which allows you to buy fresh food from nearby markets or local store, to create a delicious meal in your bedroom paired with very good wine!
3. If you would like to dine out, there are many restaurants that Bordeaux has to offer at a variety of price points. I suggest creating a wish list in advance of your trip!
4. There will be three group dinners planned at amazing places, including an evening cruise on the river to see Bordeaux by night. Please note you are responsible for your own bill at the group dinners (other than the dinner cruise)
5. Depending on where you source your food, it is possible to eat very well for a budget of about \$20-75 per day



TRAVEL GUIDE



Flying into Paris

The easiest way to get to Bordeaux is to fly in and out of Paris. Flights to Paris are common and regular wherever you're from.

You are in charge of purchasing your own plane tickets, I recommend you arrive one or two days (or more depending on your adventure) before the retreat starts if it's possible.

The retreat starts on the Sunday late afternoon and you will have to check in to your hotel room around 3pm on Sunday, January 26th.

Train to Bordeaux

From Paris Charles de Gaulle's airport where you will land, you have the option of flying to Bordeaux which is about a 1 hour and 55 minute flight, landing in the outskirts of Bordeaux. You can also take a train directly from the airport.

If you are visiting central Paris first, you can also take a train from Paris Montparnasse station. With the French speed train it takes 2hrs to get you directly to Bordeaux city centre.

When you arrive in Bordeaux city centre, you can purchase a ticket for the street car to get you to the hotel or get a cab. Remember to have your hotel address handy! The address of the recommended hotel is in this booklet if needed.



COSTS AND KEY DATES

Program deposit
upon registration

\$670

Last day to register is Aug 31, 2024

First instalment

\$670

Due July 31, 2024

Last instalment

\$670

Due Oct 31, 2024



Total retreat price

\$2,010



*Early Bird \$1,875 if
you register by May!*

Important notes:

- Costs are presented in Canadian Dollars
- Payments can be made to via e-transfer at stonegrovewellnessstudio@gmail.com or via Cheque to: Julie Lelievre, 070197 Zion Church Road, NOH2T0, Georgian Bluffs, ON, Canada
- **Once the first 8 people have registered we will let everyone know it's time to start thinking about booking your travel & hotel!**
- Space is limited to 8 minimum and 14 participants maximum. Register early to guarantee your spot!
- All payments are non-refundable unless the retreat is cancelled for unforeseen circumstances.

RECAP

01.

What's included:

- 10 yoga classes + props
- 1 30-minute massage
- All activities on pages 4-6 (including dinner cruise)
- Bordeaux public transport pass

02.

What is at your own cost?

- Flight to Paris: booking & cost
- Train to Bordeaux: booking & cost
- Hotel room: booking & cost
- Meals (except the dinner cruise)



03.

Your plus one

If you are coming with someone who isn't interested in attending the retreat but wants to follow along in the other group activities please let me know. I will price them separately and will book them into our excursions and group suppers.



04.

Travel agent & insurances

It is recommended to book your travel through a TICO registered agent.

Also, I recommend that you have a travel insurance.

05.

Weather

- The weather in January in Bordeaux is typically quite mild, averaging between 10 -20+ degrees celsius
- Be prepared for sunny or rainy weather
- When packing, bring clothes that you can layer and good walking shoes!



06.

Final Tips

- It is necessary to bring an adapter/converter for outlets
- Confirm with your bank whether you can use your card/s abroad to pay directly or make cash withdrawals.
- Bringing cash is an option, see your bank for exchange rates, etc.
- Tipping isn't very common and prices shown are taxes included

BONUS

Conversational French

Julie will be offering conversational French group classes via zoom for the retreat group. The classes will begin 4 months before the trip and will be available at preferential cost. Information will be sent to you after registering for the retreat.

MORE QUESTIONS?

I'd love to hear from you and answer any questions you have about the retreat! Please reach out at info@stonegrove.ca

CONTACTS



Julie Bradley-Low (Lelièvre)

Organizer, retreat leader & yoga teacher

I will be staying at my parents house:

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33 000 Bordeaux

France

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Email: info@stonegrove.ca



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Contact email: H6643@adagio-city.com

<https://all.accor.com/hotel/6643/index.en.shtml>

C'EST
MAGNIFIQUE!

See you in
Bordeaux!

Julie