

Your French hostess and Dutch host are
Virginie de la Chaise and Peter Hoopman



FIVE NIGHTS & FOUR DAYS YOGA-CLAY-HIKING RETREAT Millau, France 24-27 APRIL 2017 *relax body and mind*



Join us! A secluded retreat in the picturesque French village of Roquetaillade on the banks of the Muse awaits you.

Reside with us in our 18th century family *chateau*—with a medieval tower—near the famous viaduct over the Tarn valley. For hiking, twice-daily yoga exercises, and daily clay workshops. This retreat will permeate your mindful essence.

Enjoy good meals made from scratch with local seasonal produce. Stay in simple double rooms with a private bathroom.

We guarantee peace and attention by limiting participants to a minimum of 5 and a maximum of 9.

The rhythm of silent hiking, yoga, and art offers a nice alternation between active and restful practices. We perform all activities with full attention. No multi-tasking means deep relaxation.

Four days offer a boost of energy.

Workshops will be in English and Dutch. All materials like mats, balls, clay, tools are provided. The combination of hiking, yoga, and art in this magnificent setting, far from the daily hustle bustle, makes the retreat a unique experience.

- FIVE nights in a double room with private bath/shower and toilet, full board, including workshops and materials:
€ 525.00 until 1 March no cancellation fee.
€ 650.00 thereafter
€ 50.00 extra private room
- Arrive Sunday afternoon April 23, dinner around 7 pm.
Depart Friday 28 April after breakfast.
- Special dietary requirements happily accommodated.
- Travel on your own by train or plane to Béziers or Montpellier, then bus to Millau. We will pick you up in Millau. If you want to share a car, we will put participants in contact.

INFORMATION AND REGISTRATION

- MARINATRISIC@Hotmail.com 0640817890
- hoopman1@planet.nl 0651507646

The workshops are taught by

Marina teaches yoga and is a certified somatic movement coach



Marina Trisic and Eva Hoopman

Eva is art therapist and art educator



'During two daily yoga workshops I focus on deep relaxation. Regain a sense of energy through natural breathing.

Trust your body's wisdom as together we let go of accumulated physical tensions.

My workshop exercises encourage this natural ability of the body.

Somatic Movement – body conscious movements – form new layers of perception, in which body and mind are perceived and experienced as a whole.

The approach is gentle, yet highly focused and rejuvenating; The pace is slow- which gives time to develop body awareness and let go of the physical tensions. It enhances natural flexibility, sense of ease, deeper connection to your body and calmness of the mind'

'During the daily art workshop, I will guide you through the handling of the highest-quality fine fire clay. You will experience the plasticity of the clay with your body and mind. Set aside pre-conceived notions. We model the clay by allowing and following the movements of our hands and fingers.

Dig in!

(Re)discover thinking, feeling and acting without judgment. The resulting form may, if you wish to do so, be finished at your choice'.

'In addition, I supervise the 45 minutes daily hikes in silence in the vicinity of the chateau'.