

Luxury Wellness Retreat in France

29th June to 6th July 2024

St Jean Retreat Centre



St Jean is a luxury retreat centre set in a lush valley which is overlooked by the historic and picturesque hilltop village of Cordes-sur-Ciel. It is in the heart of the beautiful Tarn region in the Midi Pyrenees, France. The St Jean retreat is a stunning, large stone house nestled within landscaped gardens and meadows surrounded by over a hundred and fifty acres of private hillside woodland. For hundreds of years St Jean was a tiny hamlet at the foot of Cordes-sur-Ciel which has been described as “*one of the most beautiful villages in France*”. It is a magical and beautiful 13th century medieval town. The small friendly team at St Jean provide everything needed for your comfort in this rural idyll, while you focus on rejuvenation and relaxation. There is an outdoor heated swimming pool which is furnished with Moroccan sun loungers. The grounds also include a tennis court, a tenth century chapel, a dedicated yoga studio and an outdoor wellness platform.



Pamela Whyatt MCSP BSc

Pamela is a Chartered Physiotherapist and Acupuncturist who works in a North London private practice. Pamela is a qualified yoga teacher who studied with the Life Centre from 2005 to 2007. In 2019/20 Pamela completed comprehensive Advanced Yoga Teacher training to develop teaching skills and deepen her yogic knowledge. Specifically philosophy, breathwork, meditation and taking yoga into the modern era. Pamela is a comprehensively trained APPI Pilates teacher. She expertly uses the two disciplines therapeutically in small groups or individuals. In 2012 Pamela completed a degree in Chinese Medicine and Acupuncture from the University of Westminster. She teaches a fusion of Pilates and yoga postures, focusing on balanced muscle work, breath, and alignment. "When the body is moving well, energy flows better and we feel well".

"The wellness Retreat at St Jean certainly lives up to its title: Pam and Gillian complement each other with Pilates and Yoga sessions for the body and quiet mindfulness and meditation sessions for full relaxation. The food, mainly vegetarian is all freshly prepared, varied, and delicious and much of the fruit and veg is grown in the kitchen garden on site."

"Bedrooms are all individual in style, with a French Provencal theme running throughout the accomadation. The whole complex is luxurious with a variety of different areas for meals and relaxing, each of them gorgeous. There is a beautiful outside pool and shady walks in the very extensive grounds. On-site massages can be booked if required" Karin

Gillian Cawte BSc

Gillian has practiced Yoga since 1999. Gillian is a member of The British Wheel of Yoga and a Senior Yoga Alliance teacher. She has studied with various international teachers. Gillian is the British Wheel of Yoga, Yin Yoga module teacher. Her teachers are Paul and Suzee Grilley. In 2017 she also completed Sarah Powers 500 teacher training and Levels I, II, and III. Gillian's teaching style incorporates Hatha Yoga with flows. She likes her students to feel their poses rather than the look of a pose. She explains how poses are performed and likes her students to be comfortably challenged!





Daily Programme

Morning Session

9.00 - 10.30

Pilates Fusion incorporating classic Pilates - modified yoga postures. Suitable for all levels

10.45 Brunch

Free to enjoy yourself and relax

4.30 - 6.00

These sessions will include mindfulness, meditation and breath work, including simple stretching and yoga enquiry

7.30 Dinner including wine except for one midweek evening

All classes are included but you can decide which to attend, it's your holiday ! Both teachers will attend all classes to provide guidance and support during the sessions

Activities and Excursion

There will be no afternoon session or evening meal on one midweek day to allow for an excursion. Locally, there are numerous activities to participate in, such as golf at Albi, river canoeing and local markets. A five minute car journey or a 30 minute walk takes you to Cordes sur Ciel where you can wander around this medieval picturesque village, enjoy shopping or sightseeing. Alternatively you may wish to go the UNESCO cathedral city of Albi, which is a larger medieval town.



Fees

£ 1750 per person in a shared twin room with ensuite

£ 1975 per person in single room with ensuite

Included

All Pilates, Yoga and Meditation classes

Exclusive use of all facilities and equipment at the centre

Transfers to and from Toulouse airport coordinated with British Airways flight BA0374 arriving from Heathrow on Saturday afternoon and returning on flight BA0373 on Saturday morning.

Transfer time about 1 hour.

Beyond these flights transfers are not included. Alternatively you may wish to hire a car.

7 nights accommodation

Brunch and 3 course dinner, including wine, except for one midweek evening.

Tea, herbal teas, coffee, spring water and fruit available during the day.

Not Included

Airfares, there are direct flights to Toulouse from Heathrow.

Excursions and transport on midweek outing.

Travel insurance required.

Massages and treatments are available at extra cost.

Retreat Website: www.stjeanretreats.com

A non-refundable deposit of £500 will secure your place.

The retreat will run if a minimum of 8 students have paid the deposit by October 2023.

Deposit is non-refundable if the retreat runs. The balance is payable by 16th April 2024.

For more information, booking conditions and to reserve your place, please contact: -

Gillian Cawte

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