

Luxury Yoga Retreat France

24th June to 1st July 2028

St Jean Retreat Centre



St Jean is a luxury retreat centre set in a lush valley which overlooks the historic, and picturesque hilltop village of Cordes-sur-Ciel. It is in the heart of the beautiful Tarn region in the Midi-Pyrenees. St Jean is a stunning, large stone house nestled within landscaped gardens and meadows surrounded by over 150 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 well preserved 13th century medieval town.

The small friendly team at St Jean provides everything needed in the comfort of this rural idyll, while you focus on rejuvenation and relaxation. There is an outdoor heated swimming pool furnished with Moroccan sun loungers. The grounds also include a tennis court, a 10th century chapel, a dedicated yoga studio and outdoor yoga platform.

Your teacher Gillian Cawte

Gillian has practiced yoga since 1999. She undertook her teacher training at The Life Centre in London in 2005 – 2007. A Yin yoga module teacher for British Wheel of Yoga and a Senior Trainer Teacher with Yoga Alliance UK

Over the past 25 years, Gillian has studied with a wide variety of international teachers. Her current teachers, with whom she continues her training with are:

Paul and Suzee Grilley – on whose programmes Gillian has gained over 1700 hours of training and completed their Yin Yoga Level 5 Diploma Teacher Training Course.

Gillian's teaching style incorporates Hatha Yoga with flows and yin. She encourages her students to feel their poses rather than focusing on the aesthetics of the pose. Gillian emphasises how each individual student can respect and tune into their own unique body. She explains how poses are performed and likes her students to be comfortably challenged. Gillian encourages her students to take yoga off their mats and into their daily lives, focusing on Buddhist principles.

Gillian has run twenty five successful yoga retreats in various European countries. She is committed to living with a whole-hearted curiosity to learning and awareness of the nature of suffering.



Testimonials

"I had a most amazing time at Gillian's Yoga week at St Jean Retreat, I just didn't want it to end. St Jean is a wonderful, calm and beautiful retreat and with yoga, relaxation, and excellent food each day, it was hard to leave. All involved could not of done any more to make this a magical trip" Sharon

"Imagine yourself in the French countryside, with a stunning vista to contemplate as you settle into a nourishing yoga practice. Follow this with exquisite local food and wine, looked after by THE best, most natural hosts; then end your day in sumptuous, luxury accommodation. BEST YOGA RETREAT EVER !!!" Lindsay

"My sister and I joined Gillian on her 2023 retreat at St Jean and loved every minute of it - the location, rooms, facilities are all fabulous, the owners of the property could not be more hospitable, and the yoga was, as ever with Gillian, absolutely brilliant: at times restorative, at others more challenging and always beneficial. We're looking forward to the next one" Jane and Gillian



Daily Programme

Morning 8-30 to 10-15

Meditation and Yoga

Brunch 10-30

Afternoon

Free to enjoy yourself and relax

16-30 to 18-30 Yin Yoga

19-30 Dinner, including wine,

(except Wednesday)

All classes are included but you can decide which to attend, it's your holiday !

Activities and Excursion

A five minute car journey or a 35 minute walk to Cordes-sur-Ciel where you can wander around this medieval picturesque village, enjoy a bit of shopping or sightseeing.

Alternatively you may wish to go the UNESCO cathedral city of Albi, which is a larger medieval town.

Or visit a local vineyard for wine tasting. The centre can organise different activities to suit.

Fees *(Can be paid in installments)*

£ 1750 per person in a shared twin room with ensuite

£ 1950 per person in a single room with ensuite

Included

7 nights accommodation

All Yoga and Meditation classes

Exclusive use of all facilities and equipment at the centre

Transfers to and from Toulouse airport coordinated with flights arriving between a range of time to be confirmed when flight details are released.

Transfer time about 1 hour.

Beyond these times you need to organise your own transfer.

Alternatively you may wish to hire a car.

Brunch and dinner including wine.

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

Not Included

Airfares

There are direct flights to Toulouse from Heathrow, Gatwick, Stansted, and Edinburgh

Excursions on Wednesday

Massages

Travel insurance required, also please bring a valid EHIC (E111) card

A non-refundable deposit of £250 will secure your place. Second non refundable deposit of £250 payable by 1 November 2027.

The retreat will run if a minimum of 8 students have paid the deposit by 8 March 2028.

Deposit is non-refundable if the retreat runs. The balance is payable by 1 May 2028.

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

Gillian Cawte

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