



YOGA RETREAT IN PROVENCE

CRILLON LE BRAVE
SEPT. 23RD - 26TH 2021

JOIN US FOR THREE DAYS OF
TOTAL REJUVENATION AND
RELAX IN THE BEAUTIFUL
FRENCH COUNTRYSIDE.

WHERE YOU'LL STAY

CRILLON LE BRAVE

GET AWAY FROM IT ALL AT A
WONDERFUL, FIVE STAR, TIMELESS
REFUGE IN PROVENCE.

In the middle of Vaucluse, Crillon Le Brave is situated away from the hustle and bustle that takes over the region every season. A splendid **5-star hide-away** reserved for people seeking to disconnect from the urban frenzy to reconnect with themselves, in a natural and authentic environment. Surrounded by captivatingly beautiful landscapes, the white stone building stands at the very top of the village, exuding an atmosphere of charm and elegance.

www.crillonlebrave.com

CONTACT US

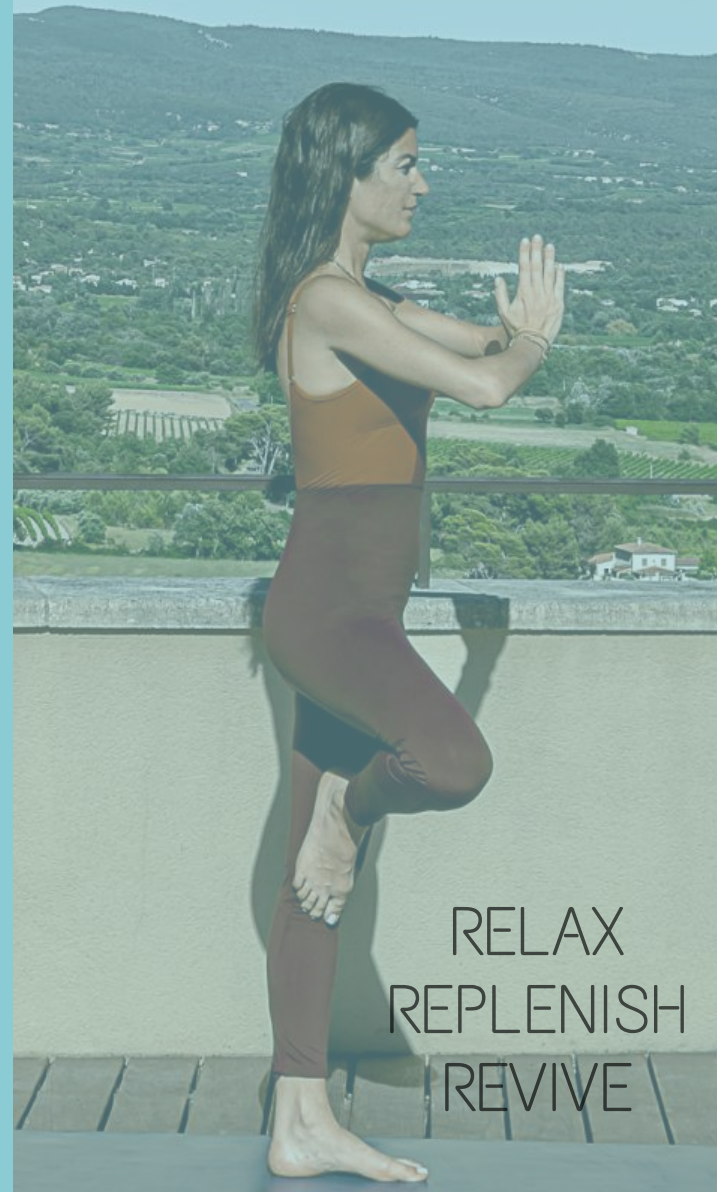
TO SIGN UP
PLEASE EMAIL US AT:
retreats@bonoeventsinternational.com

FULL RETREAT INFO
ON OUR WEBSITE:
www.mcqueenyo.com/retreats



ONLY 10 SPOTS AVAILABLE!

SIGN UP CLOSES ON
AUGUST 15TH, 2021



RELAX
REPLENISH
REVIVE



YOUR YOGA INSTRUCTOR

MEET ELLEN

Ellen connected to the practice of yoga while attending New York University. In 2017 she received her 200 hour Ashtanga Vinyasa certification from Kranti Yoga in Goa, India.

Since then she has been teaching in studios and with private clients where she currently lives in Paris, France. Ellen teaches bilingually in both English and French.

Ellen believes that the spiritual and emotional benefits of yoga teach us wonderful tools used in our daily lives to reduce stress, feel grounded and improve our connection with others. As well as encouraging a healthy body, yoga restores within us a sense of mental strength, peace and joy.



€980 PER PERSON RETREAT FEE INVESTMENT

What's included in this price?

- All Yoga Classes
- All Meals (Breakfast, Lunch & Dinner)
GOURMET Farm To Table – Provencal style!
- Assistance with all travel coordination, activity set up and full concierge services.

+ 5% OFF ACCOMMODATIONS

All members of our retreat will receive an exclusive 5% discount on the room of your choice. Rooms may accommodate up to 2-3 people depending. [Please visit our website for full list of rooms and their pricing and cancellation policy.](#)

NOT INCLUDED

- Soft Drinks & Alcoholic Beverages.
- Cost of all other travel arrangements.
- Cost of extra activities during your stay.

SCHEDULE

FOR FULL CLASS DESCRIPTIONS, LIST OF ACTIVITIES AND MORE PLEASE VISIT OUR WEBSITE

THURSDAY, SEPTEMBER 23RD

- Check In at 3PM
- Stretch & Unwind Class
- Welcome Wine Tasting
- Dinner

FRIDAY, SEPTEMBER 24TH

- Morning Yoga
- Breakfast
- Nature Walk
- Lunch
- Optional Afternoon Activities
- Yoga Philosophy Workshop
- Sunset Hatha Class
- Dinner
- Candlelight Restoration Class

SATURDAY, SEPTEMBER 25TH

- Morning Yoga
- Breakfast
- Visit To The Market
- Lunch
- Pranayama Workshop
- Relaxation
- Afternoon Yoga
- Dinner
- Candlelight Restoration Class

SUNDAY, SEPTEMBER 26TH

- Morning Yoga
- Goodbye Breakfast
- Check Out at 12PM