

THE PROVENCE YOGA RETREAT 2021

July 17th to 24th



The retreat will take place in a private secluded estate located in Grambois in the heart of the Provence close to Aix-en-Provence (France). The 35 hectare property with forest, small lake, olive groves, lavender fields, swimming pool is the perfect setting for yoga practice, walks, meditation, relaxation and healthy meals in best company.

SERVICE

Includes

- 7 night's accommodation (see below for more information)
- early morning silent walk or meditation
- daily morning Yoga class (2hrs Pure Flow Vinyasa/ Ashtanga/ Jivamukti Yoga) with Isabelle
- daily late afternoon Yin Yoga classes or Healing Sound Baths with Lenka
- healthy breakfast and 2 delicious vegetarian meals per day
- access to the domain's swimming pool, sun terrace, lake and lands

Options (not included in price)

- a visit to Aix-en-Provence with dinner (on this day there will be only one yoga class)
- choice of various Ayurvedic massages, available on-site



TRANSPORT AND ARRIVAL / DEPARTURE

The transport fees are to be booked and paid individually and are not included in the price of the retreat.

How to get to Grambois:

- by car (from Luxembourg 820km, approx. 8h15m driving)
- by train (TGV) to Aix-en-Provence (via Paris)

Check-in on Saturday 17th is scheduled at 6 p.m. and check-out on Saturday 14th July at 10 a.m.

ACCOMMODATIONS / PRICE

All prices include the yoga classes, accommodation and food. The total price of the retreat will depend upon your choice of room (from 1400€ to 1600€):

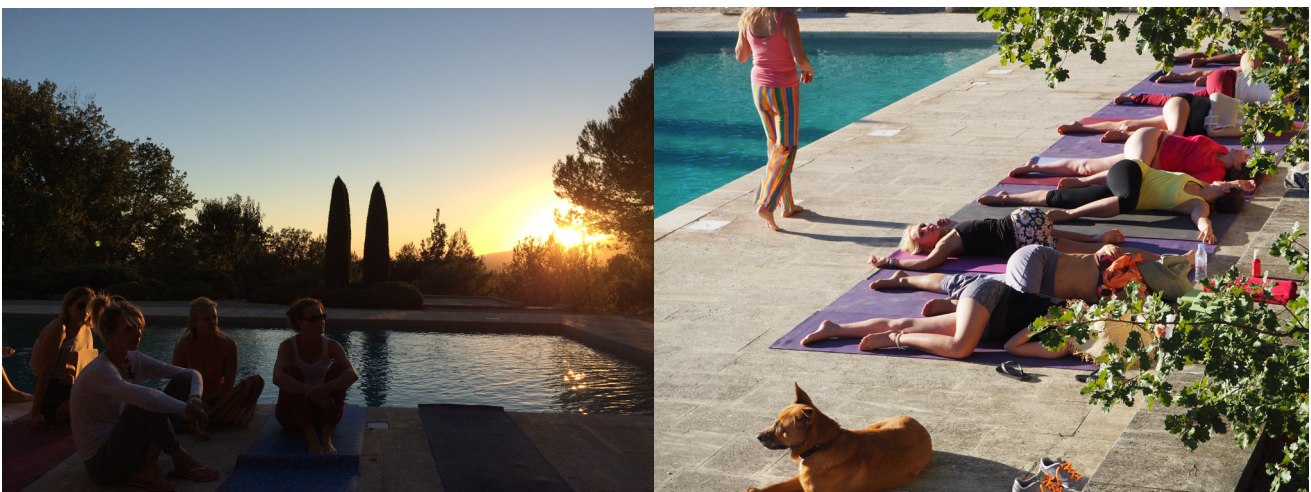
- Double room (occupancy for 2 persons in single beds)
- Triple room (occupancy for 3 persons in single beds)
- Quadruple room (occupancy for 4 persons in single beds)

Each room has its own ensuite bathroom.



BOOKING / PAYMENT

After receiving your registration, EXHALE YOGA will send you a booking confirmation and invoice for the total retreat price. 50% of the invoice has to be paid within 10 days of receipt. The other 50% have to be paid before June 1st 2021. You can pay in cash or via bank transfer to the EXHALE YOGA account (BCEELULL IBAN LU76 0019 3955 9416 4000)



OUR DREAM TEAM

Isabelle Thill



Long before becoming a teacher myself, yoga was an essential part of my life. In 2004, I met Michael Hamilton, a South African Ashtanga yoga teacher, in Shanghai and he inspired me to take the next step and to enrol for the Sivananda Yoga Teacher's training in India. Years later I received my certification as a Jivamukti Yoga teacher in New York.

After countless workshops, retreats, and teacher trainings, I am still under the spell of yoga. I am thankful for the precious tool of yoga, which saved my life more than once and makes me constantly grow. Diving deeper into the physical as well as the spiritual yoga practice is a never ending journey. I have been blessed to meet the most incredible and inspiring mentors, all of them influenced my own teaching enormously.

Rolf Naujokat, who keeps my first love, Ashtanga yoga, alive. Dechen Thurman and Anja Kühnel, both vegan activists, introduced and awakened my love for Jivamukti Yoga.

I bow down with gratitude to the founders of this method, Sharon Gannon and David Life. Cameron Shayne, creator of Budokon, taught me how to cultivate my inner warrior, to be fearless and take accountability for my acts. Duncan Wong, the most fabulous martial artist and yogi, showed me how to overcome my own limiting thoughts and believes to aim for the stars. I discovered Vipassana meditation in South Africa and it became part of my daily routine.

After many years of having been a freelance yoga instructor, I created my first studio, yogaroom belair, in 2008, followed by yogalofft luxembourg in 2012. In 2016, I moved to Capetown, where I founded Exhale Yoga, a Jivamukti Yoga affiliated studio. During the years in South Africa, I set up Inhale Yoga, promoting selfless service, with a main goal to introduce yoga in local communities. In 2020, I became resident teacher at the Jivamukti school in Paris. The current health crises brought me back to my home country, where I created a new studio, Exhale Yoga, at my former address in Luxembourg-Merl. Capetown will always stay my second home, it keeps me humble.

Yoga gives me the courage to BE MY SELF and the strength to make the world a better place.

Lenka Norris



Lenka is a certified sound healing practitioner. After completing a two-year meditation apprenticeship program with Kriya Yoga teacher Ryan Kurczak (2018-2019), she became a Yoga Alliance certified 200h Yin Yoga teacher with Yogagati school. In 2020, Lenka was introduced to the art of sound healing directly in Nepal by a collective of soundhealers who created the project Sound for Peace, Gerrit Nitsche and Ajay Chhetri.

She is dedicated to giving back to the local community of Makanpur, Nepal, by organising donation-based soundbaths and soundwalks. Lenka is looking forward to sharing the deep healing benefits of traditional Nepali singing bowls with you in group classes or in private sound healing sessions.

Anne Kinghorn



Anne is a certified Ayurvedic Massage practitioner having completed her training in Goa, India (2018-2019). This Indian massage technique integrates concepts of Ayurvedic philosophy with the modern tools of myofascial release. The strong, therapeutic bodywork acts on soft & deep tissues, deep core muscles and the abdominal organs to allow the release of adhesions, shortenings and tightness. It also opens blockages and releases fascia to bring about a structural reintegration and re-balancing of the body.

Ayurvedic massages help to release the tensions and stress patterns that restrict physical movement, emotions and life force energy. They can thus help relieve trauma and pain, promote profound relaxation and rejuvenation and bring your body and spirit back into an easy and natural alignment.