



THE PROVENCE YOGA RETREAT 2023

with Isabelle Thill & Stéphanie Cunico

August 5th to 12th



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.

Exhale Yoga 11, rue de Machault L-2111 Luxembourg-Merl
+352 621 644 848 info@exhaleyoga.lu www.exhaleyoga.lu
VAT LU22232402 IBAN LU76 0019 3955 9416 4000 Swift Code BCEELULL

SERVICE

Includes

- 7-night accommodation (see below for more information)
- early morning silent walk or meditation
- daily 2hrs morning yoga class (various dynamic styles: Pure Flow Vinyasa / Ashtanga / Jivamukti)
- daily late afternoon yoga classes
- 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)
- massage treatments
-



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 5th August is scheduled at 5 p.m. and check-out on Saturday 12th August at 10 a.m.



ACCOMMODATIONS / PRICE

All prices include the yoga classes, accommodation and food. Each room has its own ensuite bathroom.

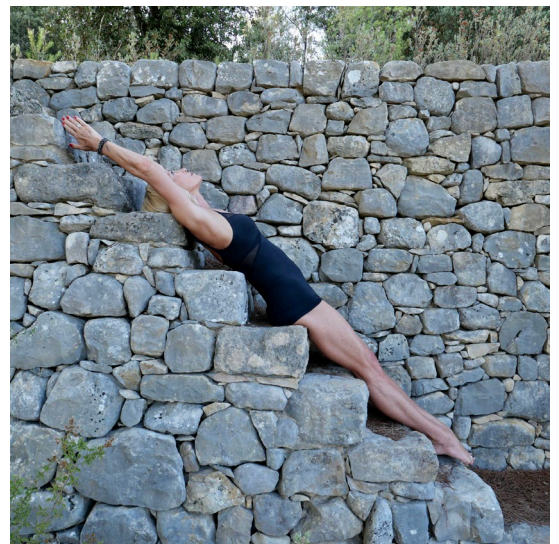
The total price of the retreat will depend upon your choice of room:

- Double room (occupancy for 2 persons in single beds) - 1850€/pers. (early bird 1800€)
- Triple room (occupancy for 3 persons in single beds) - 1750€/ pers. (early bird 1700€)
- Quadruple room (occupancy for 4 persons in single beds) - 1650€/ pers. (early bird 1600€)

The early bird rate applies until December 31st 2022.

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% must be paid before June 1st 2023. You can pay in cash or via bank transfer to the EXHALE YOGA account (BCEELULL IBAN LU76 0019 3955 9416 4000)



TEACHERS

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 yogaloft 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.

Stéphanie Cunico



Stéphanie is a Paris based yoga teacher. Before she committed to full time yogic life, she worked in finance and the fashion industry. In 2020, Stéphanie completed her Jivamukti teacher's training in India and later an apprenticeship with Ian Sydlowski at the Jivamukti Yoga studio in Paris where she worked as manager from 2020 to 2022. One of her main teachers is Petros Haffenrichter.

Stéphanie is also trained in trauma informed yoga with Maria Macaya. Her students appreciate her kindness and generosity as well as the diversity in her teachings.