

Wellness week

22 - 29 October 2022





*Get **off the beaten track**,
immerse yourself in **nature**
and soak up the
beautiful surroundings*

*This week is a chance
to **switch off** and **let go** of
any stress and pressure*

*A chance to **relax, return
to self** and explore ways to
include more **mindfulness**
in your daily life*

The demands of today's life often find us inundated with obligations and subject us to high stress levels. We lose touch with our true selves and life becomes more of a dictate rather than a choice. This week enables you to re-connect with your higher self, to become aware of what empowers you and of what you truly love doing

A carefully selected choice of workshops allows you to explore different practices and create your own personally tailored programme

What's included:

- Yoga
- Sound Healing
- Homeopathy
- Vegan lifestyle coaching
- Homemade vegetarian & vegan lunches and dinners
- 7 nights' accommodation in one of our gîtes
- Walks in nature
- Exploring local towns & markets
- Meeting likeminded people

What's excluded:

- Breakfast
(apart from Sunday 23rd)
- Airport transfers (available to book in advance at surcharge)
- Holistic Massage*
- Indian Head Massage*
- Deep Tissue Massage*
- Life Coaching*
- Card reading*

* The option of booking 1-on-1 sessions at a surcharge can be done during the introduction of the coaches and their workshops on the day of arrival or at a later stage, subject to availability

The coaches

Elise

Elise is a sound therapy and meditation practitioner. She has spent the last few years exploring the many ways in which sound and meditation can enhance physical, mental, emotional and spiritual wellbeing. Through the rich, earthy and grounding sounds of the gong, Elise guides you into a state of deep relaxation, stillness, presence and awareness. This becomes an opportunity to connect with yourself in meditation, or to simply rest and revitalise your mind and body



Tina

Tina offers a range of Holistic therapies including massage, homeopathy and vegan health coaching. She has been working with clients in natural health for over 20 years and incorporates her passion for homeopathy, wellbeing and the environment into her sessions



Christine

Christine is an experienced yoga teacher who has been teaching Hatha yoga for almost 20 years. Hatha yoga is a gentle flowing style of yoga and suitable for yogis of all levels. It incorporates breathing techniques and relaxation



Ellen

Together with her husband Theo, Ellen offers special theme weeks and Life Strategy & Coaching sessions, using a method they have developed themselves. Living a 'new' life amidst the ancient forests of the Lot has made her even more aware of the importance of a natural lifestyle. Ellen is about to publish her first book describing the experiences with her cousin Dorien, who died in a fatal accident. With this book, she hopes to show that life does not end with death, but continues in another dimension



Theo

Theo took the initiative to move with his family from The Netherlands to France in 2006, thus changing their lifestyle from less 'having' to more 'being'. The method that he and Ellen used to review their life priorities has been optimised to a Life Strategy & Coaching method which has since been used to help people reorientate, whether it's their career choice, quality of life or self-development



Julie

Julie has a passion for all things well-being and is exploring more and more ways to deepen her connection with the spiritual even further. Being interested in healing the body naturally, she has completed a Nutritional Therapy course as well as a Herbalist and Mindfulness one. She has also recently taken part in a workshop about the Akashic Records, which she aims to explore in further depth



Elke

Elke is a human-energetics practitioner, who has been using manual therapies with singing bowls, gems and essential oils for more than 10 years. She also gives fasting, mental and nutrition training sessions, either working with groups or individuals. Her philosophy is based on the trinity of body, mind and soul. She believes that self-responsibility, salutogenesis and a holistic approach to nutrition strengthen our inner balance, immune system, self-healing power and health. Her aim is to help people help themselves



PROGRAMME WELLNESS WEEK 22 - 29 OCTOBER 2022

Saturday 22.10

From 16:00	Arrival & settling in gîtes
19:00 - 21:30	Welcome dinner & introduction of coaches and workshops

Sunday 23.10

08:00 - 08:45	Christine: Yoga
08:45	Joint breakfast
09:30	Visit to the popular Cazals market & time for groceries
12:30	Lunch
14:30 - 17:30	Time for 1-on-1 sessions
17:30 - 18:15	Elise: Sound healing workshop
19:00	Dinner

Monday 24.10

08:00 - 08:45	Elke: Kinesiology exercises
08:45	Breakfast in own gîte
10:00 - 12:00	Tina: Homeopathy & General Wellbeing workshop
12:30	Lunch
14:30 - 17:30	Time for 1-on-1 sessions
17:30 - 18:15	Elise: Sound healing workshop
19:00	Dinner

Tuesday 25.10

08:00 - 08:45	Christine: Yoga
08:45	Breakfast in own gîte
10:00 - 14:30	Tina + Julie: Vegan lunch workshop & lunch together
14:30 - 17:30	Time for 1-on-1 sessions
17:30 - 18:15	Elise: Sound healing workshop
19:00	Dinner

Wednesday 26.10

08:45	Breakfast in own gîte
09:30 - 16:00	Visit to the capital of the Lot, Cahors & its weekly market
17:30 - 18:15	Elise: Sound healing workshop
19:00	Dinner

Thursday 27.10

08:00 - 08:45	Christine: Yoga
08:45	Breakfast in own gîte
10:30 - 12:00	Julie: Natural skincare workshop
12:30	Lunch
14:30 - 17:30	Time for 1-on-1 sessions
17:30 - 18:15	Elise: Sound healing workshop
19:00	Dinner

Friday 28.10

08:00 - 08:45	Christine: Yoga
08:45	Breakfast in own gîte
10:00 - 11:30	Walk in nature reserve 'Le Frau'
12:30	Lunch
14:30 - 17:30	Time for 1-on-1 sessions
17:30 - 18:15	Elise: Sound healing workshop
19:00	Closing dinner

Saturday 29.10

Saying goodbye and departure



Skill level (yoga)

Beginner & Intermediate

Number of participants

To ensure your privacy and comfort the maximum number of participants is 10. We have 6 spacious gîtes to provide you with everything you need

Dates

The Wellness week takes place from 22 October to 29 October. Depending on the number of participants, the week will be repeated at a later time

Price

€995 p.p.

The location

Domaine de Montsalvy is situated in the Lot, only a 15-minute drive from the Dordogne. It is embedded in 4 hectares of forest, walnut groves and gardens and is a great location to enjoy walks in nature. The Domaine has a swimming pool and tennis court and the beautiful area lends itself to plenty of sightseeing too, of places such as Sarlat, Domme, St Cirque Lapopie or Rocamadour and caves such as Padirac and Pech Merle

Contact

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