



■ Heart & Connection Yoga Retreat – France, June 24–28, 2026

■ Held at Château Montcuquet, Lautrec, South of France

Led by Julie

Theme: Self-Love • Community • Compassion

A nourishing 5-day retreat designed to awaken your heart, reconnect with your inner self, and celebrate the simple joy of being together. Set amidst the serene beauty of the French countryside, our days will flow between gentle yoga practices, mindful creativity, and peaceful moments of rest and reflection.

■ Day 1 – Wednesday, June 24: Arrival & Opening

- Arrival & Check-in – Settle into your room, explore the grounds, unwind.
- Welcome Gathering & Introduction – Opening circle to connect and share the retreat theme: Heart & Connection.
- 5:00–6:00 PM – Gentle Evening Yoga Stretch (optional) – Release travel tension and arrive fully in your body.
- 6:30 PM – Evening Meal
- Evening at Leisure – Settle into the rhythm of retreat life.

■ Day 2 – Thursday, June 25: Opening the Heart

- 8:00–9:00 AM – Rise with the Sun – Morning yoga flow to awaken energy and presence.
- 9:15–10:15 AM – Breakfast
- 10:15–11:15 AM – Free time / reflection
- 11:30 AM–12:00 PM – Conscious Journaling – Guided prompts on self-trust, gratitude, and release.
- 12:30 PM – Lunch
- 2:00 PM – Afternoon at leisure (optional visit to Lautrec village)
- 5:00–6:00 PM – Restorative Yoga (optional) – Gentle unwinding before dinner.
- 6:30 PM – Evening Meal

■ Day 3 – Friday, June 26: Creative Flow & Release

- 8:00–9:00 AM – Solar Flow – Invigorating yoga practice inspired by the warmth of the sun.
- 9:15–10:15 AM – Breakfast
- 10:15–11:15 AM – Free time
- 11:15–11:45 AM – Creative Expression Circle – Mandala bead-making workshop, weaving intention into art.
- 12:30 PM – Lunch
- 2:00 PM – Afternoon at leisure (optional visit to nearby castle)
- 5:00–6:00 PM – Release Ceremony (optional) – Writing and burning old patterns or setting new intentions under the moon.
- 6:30 PM – Evening Meal
- 8:00–9:30 PM – Optional Wine Tasting or evening at leisure.

■ Day 4 – Saturday, June 27: Integration & Connection

- 8:00–9:00 AM – Golden Hour Flow – Gentle morning yoga to welcome a radiant new day.
- 9:15–10:15 AM – Breakfast
- 10:15–11:15 AM – Free time
- 11:15–11:45 AM – Forest Bathing / Nature Connection Walk – A mindful sensory walk (weather dependent) or Meditation & Pranayama practice if indoors.
- 12:30 PM – Lunch
- 2:00 PM – Afternoon at leisure (optional visit to Albi)
- 5:00–6:00 PM – Candlelight Reflection & Closing Circle – Group sharing and heart-centered closing of the retreat.
- 6:30 PM – Evening Meal
- Optional closing drinks at Café Plum
- Evening at leisure

■■ Day 5 – Sunday, June 28: Departure & Gentle Transition

- 8:00–9:00 AM – Mindful Movement & Meditation – A soft closing practice to integrate and prepare for departure.
- 9:15–10:15 AM – Breakfast
- 12:30 PM – Lunch
- Afternoon – Optional activities or free time depending on departure schedules.
- Evening Meal (optional) – For guests departing late or extending their stay.

■ Notes

- All activities marked optional — join as you feel called.
- Schedule may adjust slightly to honor the flow of the group and weather conditions.
- Bring comfortable clothing for movement, a journal, and an open heart.