



## ■ 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 Château Montcuquet in the South of France, our days will flow between gentle yoga practices, mindful creativity, and peaceful moments of rest and reflection.

### Retreat Pricing (per person)

Accommodation Type	Description	Price (£)
Single Deluxe Room	Private ensuite room — ideal for those seeking peace and privacy.	£949
Single Room Shared	Single occupancy in a shared twin room.	£844
Double Room Shared	Shared double/twin accommodation — perfect for friends or couples	£739

#### Included in your stay:

- 4 nights / 5 days accommodation at Château Montcuquet
- Daily yoga, meditation & mindfulness sessions
- Creative workshops & guided journaling
- Nourishing vegetarian meals
- Optional excursions to Lautrec, Albi & local villages (additional cost dependent on numbers – paid directly to the driver)
- Use of beautiful grounds and facilities

■ Join us for a journey of self-love, community, and connection in the heart of the French countryside.

**Note:** 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.

#### Additional Information:

##### Meals:

Meals as per the itinerary at the time of booking. Meals include salad, a main meal, and a dessert at dinner time. Meals are based on a vegetarian menu, with special dietary needs catered for with advanced notice. Please note the listed price does not include drinks other than tea, coffee, and chilled water.

##### Accommodation & Facilities:

All bed linen provided and one bath towel.

Yoga mats, straps, and blocks are available.

Bicycles are available during the retreat.

Pick-up from Castres train station or Castres airport – to be scheduled in advance.

Arrivals on day one after 14:00 and departure after breakfast by 11:00.

There are currently 7 bedrooms available at the Château with 3 bathrooms.

##### Payments / Cancellation / Refunds:

Double room shared - £739 | 20% deposit = £147.80

Single room shared WC - £844 | 20% deposit = £168.80

Single room private WC - £949 | 20% deposit = £189.80

Fully refundable 3 months prior to retreat start date.

Beyond 3 months = non-refundable.

Partial balance due (30%) = 3 months before retreat start date.

Remainder of balance due = 1 month before retreat start date.

To reserve the dates for the retreat, a deposit is required for a minimum of 4 participants.

If we don't manage to achieve at least 4 guests, deposits will be refunded.

This amount is fully refundable 3 months prior to the retreat start date. Beyond this date, the deposit amount will not be refunded. Additional participants can join within a month of the retreat starting upon informing Château de Montcuquet.

##### Booking & Payment:

For all reservations please make your booking & payment directly with Château Montcuquet.

##### Payment Details:

Account Name: Plaisirs Du Medecine Douce

Account Holder Address: Château de Montcuquet, 183 chemin Montcuquet, 81440, France

Account #: 16469893189

Bank Name: SOGEXIA S A FRANCE

Bank Address: 79 Boulevard de Stalingrad, 69100, Villeurbanne, France

IBAN: FR76 2673 3000 1016 4698 9318 936

BIC: SOXAFR2L

Payment Reference: Yoga Retreat - June26