

Deep Yoga 2016: An Enchanting Week in Provence

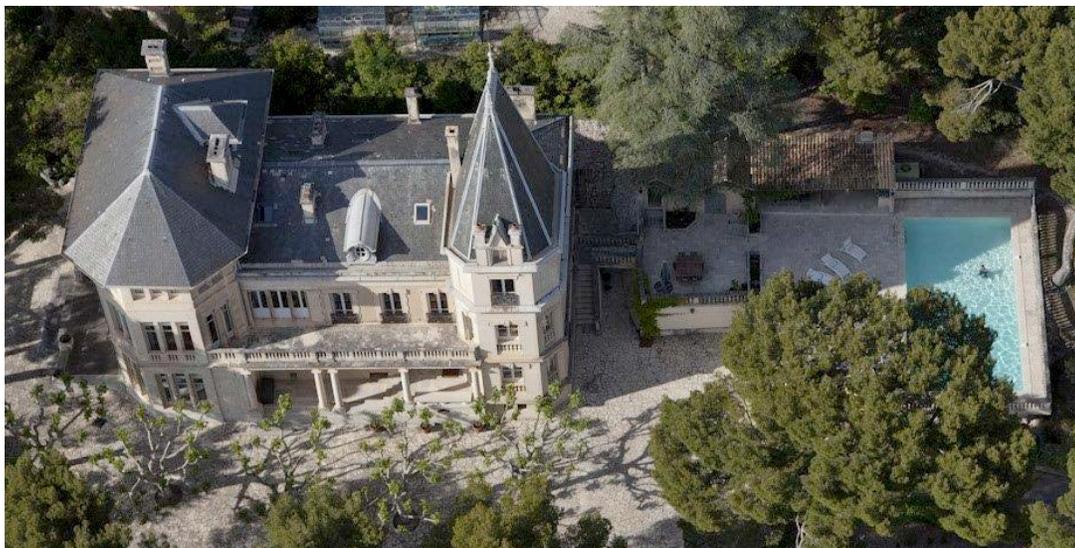
Saturday September 3 to Saturday September 10, 2016

After their highly successful 2015 Deep Yoga Retreat at Villa Théophile, Anne Marie Welsh and Luc Declerck will offer a similar retreat there during the warm days of early September in 2016. The proposed dates, being a little earlier than those last year, will allow for a truly blissful, bountiful week of Yoga, vineyard touring, wine tasting and daily excursions to area markets, beautiful villages, towns and natural sights of the Upper Vaucluse area of Provence.



Anne Marie, a West Coast author and writing coach, is your inspiring Deep Yoga instructor; and Luc, a Belgium-born, French-speaking logistics expert and inveterate traveller, is your knowledgeable guide to the fabled region.

From your home base at a luxurious château set amidst the vineyards and stunning Les Dentelles de Montmirail, you will enjoy twice daily yoga and, when not out touring, you may relax by the villa's pool or its terraces and gardens, with gorgeous views of the surrounding vineyards.



Anne Marie will lead morning and evening Deep Yoga classes either poolside or in the villa's ballroom. Once or twice we'll also take our mats to nearby villages to practice and witness some of Provence's beautiful sunsets. During the day, Luc will take you to local villages, markets and on adventures to discover the area's rich geographical, natural, oenological, and cultural sites.



Deep Yoga

Deep Yoga is a mindful, slow-flowing Vinyasa practice. By connecting breath to movement, the physical postures of Yoga (asana) become a meditation in motion that fosters flexibility, strength, focus, clarity and an open heart— on and off the mat.

Anne Marie's classes are careful about alignment, yet joyous in their flow. You are, she believes, more powerful than you know, and perfect just as you are. You do not have to be an experienced Yogi to participate and to reap the benefits of her approach. She will offer gentle sun salutation yoga each morning and restorative classes each evening, closing with guided meditations and deep relaxation.

Yoga mats, blankets, and belts will be provided.

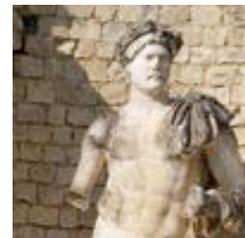
Excursions

Excursions will be offered every day, including the following, which should not be missed:



A tour around Les Dentelles de Montmirail, with stops to explore some of the most beautiful villages of the region— Seguret, Crestet, Suzette, and Gidondas— all of which are within a 15 km radius of Villa Théophile. This excursion will give you a good feel for the area and help you decide which village to return to for dinner.

A visit to Vaison-la-Romaine's vast Provençal market, followed



by lunch in one of the town's bistros and a guided tour of Vaison's Gallo-Roman archaeological site, château and the medieval town. This excursion was a highlight of the first Enchanting Week in Provence, followed by a group-cooked dinner of market fare.



A tour through some of the most famous vineyards of the Rhone Region, led by Wendy Gedney, a lively and passionate WSET-certified wine expert and owner of 'Vin en Vacances', a wine touring company based in Villeneuve-Minervois. This will be a perfect way to experience the fall harvest, learn about the history of wines of the region, meet some of the wine makers and taste their highly prized vintages, such as

Gigondas, Vacqueyras, Beaumes-de-Venise, Carianne, and Châteauneuf-du-Pape. Wendy will also conduct a wine tasting class the evening before to sharpen your taste buds for the next day's tour. The tasting will be accompanied by a catered dinner at the Villa.

A trip to the Luberon Mountains to visit the 12th century Cistercian abbey of Notre-Dame de Sénanque, the beautiful perched villages of Gordes and Rousillon and, if time allows, the villages of Bonnieux, Lacoste and Ménerbes made famous by Peter Mayle's *A Year in Provence*.



Beyond the excursions listed above, the choices in this beautiful corner of the world, are plentiful, so we will let the group decide which is of particular interest:

- A full day trip to Aix-en-Provence, the capital of Provence in the 15th century and hometown to Paul Cézanne.
- A day trip to Avignon, famous for its nursery rhyme, bridge, medieval ramparts, and Gothic-style Palais des Papes, home of the "French Vatican" between 1309 and 1377.
- An olive oil pressing and tasting trip to Nyons, the capital of the Tanche variety, the first one to receive the Appellation d'Origine contrôlée (AOC) in 1994.
- A day trip to the pretty village of St. Remy-de-Provence, 20 km south of Avignon, where Van Gogh painted two of his most notable works: *Starry Night* and *Self-Portrait* and voluntarily confined himself to the Asylum of Saint-Paul-de-Mausole.
- A tour of the L'Occitane en Provence factory, store, and museum in Manosque to sample their products and learn about their essential oils and natural fragrances made in accordance with the principles of phytotherapy and aromatherapy.
- A day trip to the Roman Amphitheatre in Orange and the Pont du Gard, an ancient Roman aqueduct.

- A morning, afternoon or entire day at a spa at the foot of the Mont Ventoux, equipped with a large indoor swimming pool, a workout room, Jacuzzis, a Finnish sauna, a steam room, and a salt cave. Massage and other wellness services are available as an option and there is a restaurant on site should you wish to stay for lunch.
- A late afternoon visit to the Benedictine Abbaye Sainte-Madelaine du Barroux to hear Gregorian chants.
- And, for the sports-minded, small group hikes along the Dentelles de Montmirail in the hills above Villa Théophile, near Vaison-la-Romaine or the village of Lafare are also a possibility.

Transportation will be provided in a 9-seater air-conditioned van and a 4-seater Peugeot 3008 Crossover.

Wellness

Massage therapists will be available, by prior appointment, to help you shake off jetlag upon arrival, help you relax during the week, or prepare you for your return journey.

Staying in



Alternatively, for those who wish to stay home and take it easy, the villa's pool, terraces and gardens offer perfect places to relax. The well-kept grounds provide both shady and sunny spots, quiet nooks that invite a pause to enjoy the view, a nap, or a good book. Or perhaps you will rest in the privacy of your elegantly appointed room. Should you wish to wander on your own, Villa Théophile is an easy walk to the charming village of Vacqueyras, which has two good restaurants, a small weekly market (Fridays) as well as a baker, pharmacy and post office.

In the evenings

After Anne Marie's restorative yoga class, you will have the option to either walk or take a short drive to one of the many wonderful restaurants nearby or stay-in to eat some of the bounty you might have purchased that day. We will keep an eye out for cultural activities that become available during that week—or you may take an evening walk in one of the illuminated villages nearby, visit a local church to hear music, or simply relax on the terrace or the Villa's cozy living room where we can share stories of our day and plan for the next day's adventures.



Getting there

Villa Théophile is located in the hills above the famous wine-producing town of Vacqueyras, which is 38 km north-east of Avignon, 20 km east of Orange, and 21 km south of Vaison-la-Romaine.



Pick-up and drop-off

Pick-up and drop-off will be provided from/to the Avignon TGV station.

The direct TGV train from Charles de Gaulle (CDG) airport to Avignon is a pleasant and relaxing two and a half-hour ride.

Rooms and Pricing

Each of the seven guest rooms at Villa Théophile is unique and beautifully appointed, with Persian carpets and carefully selected furnishings. Here is a description of the guest rooms. Price includes accommodation and the full retreat and vary from \$1850 to \$2,400 per person, depending on room type.



Master Bedroom One: Large, beautiful corner room with a King bed [or it can be two twins] and a huge bathroom that has both a shower and a free-standing claw-foot tub suitable for two. There are lovely views from the large French windows in the bedroom and bathroom. **\$2,400/per person based on double occupancy**





Master Bedroom Two: Large, beautiful corner room with a King bed [cannot be converted into 2 twins] and an absolutely enormous, gorgeous bathroom with shower and tub, views from large windows in both rooms. **\$2,400/per person based on double occupancy**



King Size Room Three: Lovely room in the villa's corner tower has a fireplace, views from the large French windows, a King bed [or it can be two twins] and it's own bathroom with shower. **\$2,250/per person based on double occupancy**

King Size Room Four: Very large and lovely King room with fireplace, big windows, terrace access and great views, and it's own pretty blue and white bathroom, with shower and tub; the bathroom, is across the hall, but for the exclusive use of this room. **\$2,100/per person based on double occupancy**



King Size Room Five: Large room with King bed [or it can be 2 twins] and a view in the villa's tower and it's own shower-only bathroom, that is across the hall. **\$1,950/per person based on double occupancy**

Double Room: A smaller, but charming room overlooking the rear of the villa, with a fireplace and a double bed. It shares a bathroom with shower only with the single room. *1 guest \$1,850 (suitable for 1 person only)*



Single Room: A small but sweet room at the rear of the Villa with a single bed and large window, it shares a bath with the double room above. **\$1,850 (suitable for 1 person)**

Price includes:

- 7 nights' deluxe accommodation at Villa Théophile
- Pick-up and drop-off from/to the Avignon TGV train stations
- All local transportation in an air-conditioned van and a Peugeot 3008 Crossover
- Twice daily Yoga, invigorating each morning and restorative each evening
- Daily breakfast of organic fresh fruit, yogurt, eggs, local preserves, whole-wheat bread, fresh baguette, croissants and coffee and tea
- A welcome dinner served at Villa Theophile
- Daily excursions to surrounding villages, towns, cultural sites and natural areas
- An evening wine tasting class followed by dinner served at Villa Theophile
- A tour of some of the most famous vineyards of the Rhone Region, led by a WSET-certified wine expert, with stops at two 'Domaine' to sample some of the best wines of France
- A guided tour, in English, of the Gallo-Roman archaeological sites of Vaison-la-Romaine
- Use of the entire property, including the pool, kitchen, living areas, ballroom, terraces, trails, meditation benches, and outdoor kitchen.

Lunches, dinners, and wine (excluding the welcome dinner, wine tasting excursion, and wine tasting dinner) will be at your own cost

Reservations

Because of the exclusive and intimate nature of this retreat, which is limited to 10 people, a deposit of \$600, due no later than April 15, 2016, is requested to hold your place. Space is limited, so we advise you to make early reservations.

An early bird discount of \$100 is offered for full payment by April 15, 2016.

In the event of insufficient participant interest (most unlikely), the retreat will be cancelled by May 15, 2016 and all payments will be fully refunded.

The full balance is due June 30, 2016.

Cancellations after July 15, 2016 will be subject to a 50% hold unless a replacement can be secured.

Contacts

For additional information about the retreat, please contact either Luc at ldeclerck@icloud.com or Anne Marie at annemariewelsh@gmail.com or call Anne Marie at 858-401-3713.

Namaste and à bientôt,
Anne Marie and Luc