



# WISE WOMEN UNWIND

Restoring Balance  
in a Frenzied World

  
**ST JEAN**  
RETREATS

Presented by St. Jean Retreats  
with Live Well Love Life  
and Amulet Therapy

INFORMATION PACK

20-24 September 2018  
or 4-8 October 2018

“LIFE ISN’T ABOUT  
WAITING FOR THE  
STORM TO PASS IT’S  
ABOUT LEARNING TO  
DANCE IN THE RAIN”

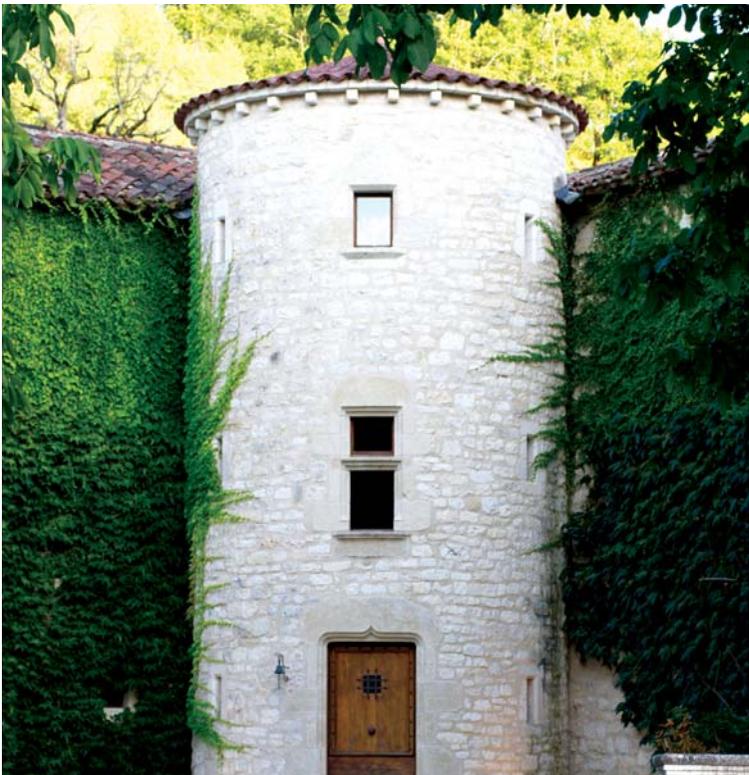
**For most Women**, Life is a relentless juggling act of conflicting Family, Work and Leisure obligations. In the struggle to do/have it all, women often neglect their own wellbeing, leading to near exhaustion and ‘burning out’. Airlines tell us to put the oxygen mask on ourselves before taking care of others. **Wise Women Unwind** by taking care of yourselves, pausing in the midst of this crazy world to reset, recharge and rebalance life.



ST JEAN  
RETREATS

Letting go in mind and body with daily mindfulness workshops, gentle yoga and an abundance of rest & relaxation, along with a host of enriching therapies, wholesome food and an opportunity to enjoy the local culture of beautiful SW France. You owe yourself (and others in your life) the gift of rejuvenation in mind, body and spirit.





## THE VENUE

**The Venue is St Jean Retreats in historic Cordes-sur-Ciel, SW France;** a 15th century stone domaine, set in endless acres of gardens, woodlands and meadows, overlooking the renowned 13th century bastide town of Cordes-sur-Ciel. The embodiment of French medieval character, St Jean charms the senses and nurtures the spirit. Cordes-sur-Ciel is a one-hour's drive from Toulouse airport which is served by direct flights from many UK airports.



  
**ST JEAN**  
RETREATS

RELAX. REJUVENATE. REFRESH.





# MINDFULNESS WORKSHOPS:

*Learn the Tools to Rebalance Life*

Much of our modern lives are lived at a relentless pace often on autopilot, without time for reflection or pause, fielding vast amounts of information in various formats, managing relationships at home and work, while trying to maintain that elusive work/life balance. Insecurity both in terms of the micro-jobs, rapidly changing roles, family obligations as well as in the macro environment of world political and economic insecurity inevitably impact on our mental physical and emotional wellbeing.

Taking the time to pause, to nurture ourselves, to take right action, is the solution to building resilience in the face of our fast-paced lives. Mindfulness training helps us to become more fully aware of our thoughts feelings and sensations moment to moment, stepping off the pedal of autopilot, in order to learn to manage difficult work or family situations more calmly, responding skilfully and creatively rather than from a reactive often unconscious habit. Mindfulness training allows us to acknowledge where we behave or do things out of habit, even when those habits no longer serve us, clearing the mind to allow new perceptions, become more receptive to new ideas and ways of living our lives.

Mindfulness is a practice and not something that can be learnt overnight or intellectually. It is a simple practice but not necessarily easy, consisting of bringing your attention to the present moment, with curiosity and kindness, and without judgement. This mind/body practice has its roots in meditative teachings but is taught in a secular fashion, with its effectiveness on wellbeing backed up by extensive research over the past 40 years.

Your facilitator, Karen Duarte, is a qualified mindfulness and self-compassion teacher, who will explore with you, some of the key features of mindfulness, and how the practice can help you in your daily life, through sitting practices, moving practices, group inquiry and discussion. Mindfulness necessarily includes the explicit practice of compassion or 'heartfulness', since where mindfulness opens our senses, offering clearer insight, compassion opens our hearts, offering a way to relate to the suffering we all encounter, small or large, for ourselves and for others.

Research has shown that Mindfulness Training coupled with self-kindness helps people:

Are less fearful of making mistakes and being rejected

Have more self-respect, understanding and acceptance of imperfections

Take better care of themselves, emotionally and physically

Are more emotionally intelligent and optimistic

Have more fulfilling relationships at home and work

Presented by **Karen Duarte** of:



“YESTERDAY I WAS CLEVER, SO I WANTED TO CHANGE THE WORLD. TODAY I AM WISE, SO I AM CHANGING MYSELF.”

— Rumi —



## YOGA: *Connecting Body and Mind*

Renowned for its ability to improve flexibility and strength the practice of yoga integrates movement with the control of breath (pranayama) and meditation, thus producing many holistic benefits beyond those attained through mere physical exercise.

While asana (yoga poses), through their manipulation of the body's tissues, undoubtedly improve muscular-skeletal health they also help to stimulate the cardio-vascular and lymphatic systems, the adrenal glands and the endocrine system. As a result, blood pressure and heart rate are lowered, the body's immune system is improved, and stress hormones are reduced thereby improving mood, mental clarity and quality of sleep. These beneficial physical and mental effects are enriched by the control of breath which has a similar yet more subtle effect on the body's systems, and meditation which encourages self-awareness and discipline whilst relaxing the mind. By working with the mind, body and breath the body's energy becomes balanced, symptoms such as fatigue, pain and anxiety are overcome and an overall sense of health and well-being are achieved.

Throughout the retreat a daily morning yoga practice will be offered to awaken the body and clear the mind in preparation for the day ahead. These gentle sessions will be tailored to suit the level of experience of the retreat's participants and therefore will be equally suited to newcomers and more seasoned yogis.

One-to-one sessions can be booked throughout the afternoons for anyone who is keen to develop their practice further.

**60 minutes 30€ | 90 minutes 45€**

Inspired by a life-long interest in yoga and natural therapies, Susi of Amulet Therapy, has dedicated the last 6 years to developing skills in yoga and meditation instruction, yoga therapy, bodywork and nutrition. Her work has taken her through India, Thailand, Laos, Australia, the UK and France, where she has assisted clients with the implementation of holistic practices to improve well-being, overcome physical and mental ailments, and manage symptoms of severe and chronic illness.

*If you would like to book a therapy session with any of our practitioners it would be advised to book your appointment in advance of your arrival.*

*Appointments may be available for booking once you arrive but they will be subject to availability.*

*If you would like more information about the therapies on offer please contact us.*

Presented by:

# Amulet

## RESTORATIVE THERAPIES: HARMONISING BODY & MIND

Deep Tissue or Thai Yogic Massage & Reiki  
by Amulet Therapy

**60 minutes 45€ | 90 minutes 60€**

Reflexology and Reiki with Jenny Harris

**60 minutes 45€**

Traditional Chinese Medicine  
with Marie-Lise Assier

**60 minutes 45€**





# ST JEAN

RETREATS

## ACCOMMODATION

RELAX. REJUVENATE. REFRESH.

During your stay at St. Jean you will enjoy your own private bedroom with either direct ensuite bathroom facilities or a private bathroom.

In addition to the outdoor swimming pool surrounded by mature shrubs and plants, furnished with Moroccan sun loungers, the grounds include an indoor yoga studio, outdoor panoramic yoga platform, tennis court, massage room and a 10th century chapel which happens to be built on an ancient energy line offering a perfect sanctuary for reflection and meditation.



Wifi is available in most public rooms throughout St. Jean and guests are invited to read our many books and magazines during their stay.

[www.stjeanretreats.com](http://www.stjeanretreats.com)





## SAMPLE ITINERARY

### SUNDAY

- 7.30** Tea, juices, fruit
- 8.00** Meditation & Yoga
- 9.30** Breakfast
- 10.30** Depart for visit to St Antonin Market
- 13.00** Lunch in St Antonin
- 14.30** Return to St Jean, free time to enjoy pool & massage therapies
- 18.00** Mindfulness workshop
- 18.30** Free time
- 19.30** Drinks
- 20.00** Dinner

### THURSDAY

- 18.30** Welcome drinks reception & introduction to the retreat program
- 19.30** Dinner



### FRIDAY & SATURDAY

- 7.30** Tea, juices, fruit
- 8.00** Meditation & Yoga
- 9.30** Breakfast
- 10.30** Mindfulness workshop
- 13.00** Lunch
- 14.30** Free time, enjoy pool, massage therapies, excursions to Cordes, Albi etc.
- 18.00** Group check-in session (post mindfulness workshop)
- 19.00** Drinks

RELAX. REJUVENATE. REFRESH.

### MONDAY

- 7.30** Tea, juices, fruit
- 8.00** Meditation & Yoga
- 9.30** Breakfast
- 10.30** Final mindfulness workshop followed by closing ceremony
- 12.00** End of Retreat





## DINING

At St. Jean we pride ourselves on our commitment to support local artisans and suppliers. This results in wonderful seasonal produce – from markets, Tarnaise farmers and vigneronns – of the best quality.

You will enjoy a full board package during your stay at St Jean; three full meals per day, with refreshments out-with meal times and wine with dinner each evening. Our experienced chefs are able to cater to vegetarian / vegan and food allergy requirements if notified in advance of your arrival.



Lunch on the Sunday will be enjoyed at one of the many fine restaurants St Antonin has to offer. The cost of the lunch (excluding drinks) is included in the retreat package cost.



# ST JEAN

RETREATS

RELAX. REJUVENATE. REFRESH.



One of the great beauties of St. Jean is that there are several places to eat communally and al fresco. Weather-pending meals can be served on one of the many outdoor terraces, on the covered outside dining area complete with built-in barbecue fireplace and tailored drapes to add ambience to a late-night supper or within the main house on the balcony.

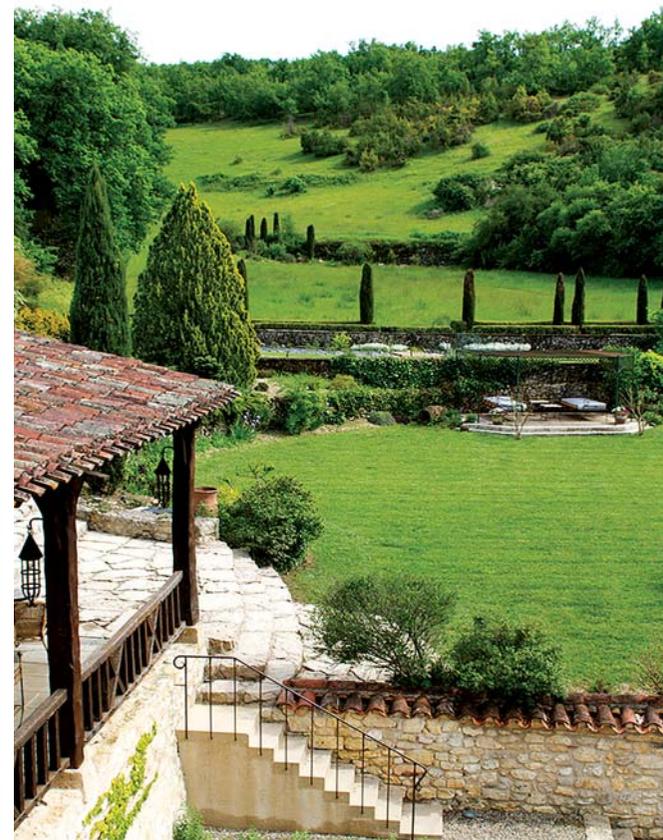


## GETTING TO ST JEAN

St Jean is around one hour north east of Toulouse Blagnac airport which enjoys frequent direct flights from many cities in Europe and is extremely well served from a number of U.K. Airports including Gatwick, Stansted, Luton, Bristol, Birmingham and Edinburgh.

A complimentary single group return airport transfer is included within the cost of the retreat package. We can arrange taxis or a group minibus if required.

Cordes itself has its own railway station (Cordes-Vindrac) and we would happily collect you from there.



ST JEAN  
RETREATS

RELAX. REJUVENATE. REFRESH.



COST FOR THE  
RETREAT: £950PP



ST JEAN  
RETREATS

[www.stjeanretreats.com](http://www.stjeanretreats.com)

RELAX. REJUVENATE. REFRESH.

## INCLUDED IN PRICE

Airport transfer (Group return)

Private room with ensuite or private bathroom

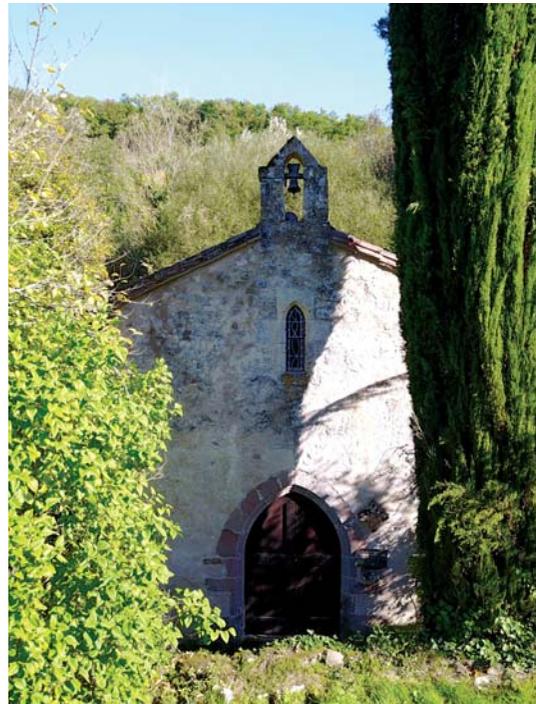
3 meals a day and refreshments throughout and wine with dinner

Daily morning yoga session

Daily mindfulness workshop

Free time to enjoy the pool and beautiful grounds of St Jean

Excursions to local places of interest



## ADDITIONAL EXTRAS

Amulet Therapy Massage –  
deep tissue and Thai yogic massage

Reflexology

Reiki

Traditional Chinese Medicine

Private hatha, vinyasa or yin yoga session



# ST. JEAN RETREATS (SJR) TERMS & CONDITIONS



RELAX. REJUVENATE. REFRESH.

1. It is the customer's responsibility to check the reservation and ensure that the particulars contained therein are correct.
2. The customer shall pay the retreat management within 7 days of booking a non-refundable, non-transferable deposit in the sum of 25% of the total amount due.
3. The balance monies due shall be paid by the customer to the retreat management not less than 3 weeks prior to the date of arrival. Bookings within the last 3 weeks must be paid in full at time of booking. Payment can be made via bank transfer.
4. If payment of either the deposit or the balance is not received by the due date, the retreat manager reserves the right to cancel the reservation and retain any deposit.
5. In the event of cancellation by the customer, regardless of the circumstances, the following refund fees, minus the deposit, apply. The deposit is non-refundable, as mentioned in 2. Cancellation less than 3 weeks before due arrival date, 0% refund. However, if a substitute can be found then the retreat management will offer you a 50% refund on the amount paid.
6. The price is the exact amount to be received by us in British Pounds irrespective of fluctuations in currency and irrespective of any third party transfer charges. If you choose to pay by electronic transfer, please instruct your bank to charge all costs to you in order to avoid a shortfall.
7. Due to teacher cancellations or other situations beyond our control, the retreat management reserves the right to change bookings and shall inform the customer as soon as reasonably possible. Alternative arrangements will be offered but we do not accept responsibility for any costs incurred, including airfare.
8. The retreat management is not held liable for flight costs.
9. The retreat management accepts no responsibility for delay or cancellation of any flights, train, buses or other forms of transport. Neither does it accept any liability for increases, surcharges or any other additional travel related costs.
10. The retreat management reserves the right to offer discretionary discounts. This does not affect the status of any guests who have paid the full price and no discount will then become due to them.
11. The customer shall not use the property except for permitted use only. Neither shall the customer use the property for any offensive, noisy, dangerous, illegal, entertainment, immoral or improper purposes. The customer shall not do anything which may be a nuisance or annoyance to SJR, its guests, the retreat management or owners.

12. The customer shall keep all SJR fixtures, fittings, furniture and effects in a clean and reasonable condition and shall replace any articles which are destroyed or missing with articles of a similar kind and of equal or greater value.
13. The retreat management reserves the right at its sole discretion to terminate use of the property or any of its facilities by the customer in the event of any breach of these terms and conditions. The customer will be required to vacate the property and the retreat management shall not refund payment or accept any consequential liability damages or loss.
14. The retreat management retains all copyright licence rights and sole exclusive ownership of the information, photographs and material displayed on its website. The material may not be modified, copied or used in any other way without the express consent of the retreat management.
15. Any user of the website has to be 18 years of age or older and agrees to be entirely financially responsible for all charges and other fees arising from use of the website.
16. The retreat management accepts no responsibility for keeping the website up to date and will not be liable for any loss by its failure to do so.
17. It is the customer's responsibility to ensure that he/she has all the relevant travel documentation, including visas as required, and arrives at the airport and or other ports of departure in good time.
18. The retreat management reserves the right to alter any facility, accommodation or activity during the period of a customers stay.

19. The customer must comply fully with all and any health and safety regulations introduced by the retreat management. The customer must ensure that he/she is medically and physically fit and able to use our facilities and participate in activities. Customers who have injuries or illnesses are advised to seek doctor's advice if practicing yoga or other sporting activities. SJR is not liable for any injuries to the customer in his/her use of our facilities or participation in activities. A customer must always stop and rest if he/she is feeling any pain or sickness and inform the teacher of any previous injuries.
20. The retreat management accepts no responsibility for any loss or damage of personal possessions or valuables of the customer whilst on the premises or otherwise.
21. In the event of a customer having any complaint then he/she will not discuss this with any third party and shall notify the manager as soon as possible.
22. The retreat management shall not be liable for any failures beyond its control. This covers natural disasters, war, 'acts of God', closure of airports, civil strife, accidents, loss of power, heating, fuel and/or water supplies, failure to perform by third parties, including suppliers and subcontractors.
23. The retreat management accepts no liability for loss, damage, injury or illnesses which may occur during the customers stay or travel, even that organised by management.
24. We recommend that all customers have adequate travel, cancellation and medical insurance for the duration of the trip.
25. SJR operates a strict no smoking policy indoors.
26. These terms and conditions shall be governed by English Law and the parties consent to the exclusive jurisdiction of its courts in all matters regarding them.



RELAX. REJUVENATE. REFRESH.

marketing@stjeanretreats.com  
07540142716

St. Jean, Cordes-sur-Ciel, 81170  
[www.stjeanretreats.com](http://www.stjeanretreats.com)