

YOGA AND MEDITATION RETREAT

10 – 16 JUNE 2021



A six-day residential retreat for all levels where you'll find the time and space to indulge yourself in daily yoga and meditation practice with expert instruction on hand at all times. We're serious about our yoga but we're equally as serious about having fun. And there's nothing wrong with sampling a glass or two of one of our delicious local organic wines along with your meals.

WHEN: 10-16 June 2021

PRICE: From €1250 per person

INCLUDES:

- Six nights' accommodation
- Breakfast & Lunch daily
- Welcome Dinner with local wines
- Two yoga sessions per day
- Meditation and Mindfulness sessions
- Walks and Market Tours
- Wine Tasting
- Tailored individual yoga consultations
- Private yoga tuition available (additional cost)

THE PROGRAMME

10 June. Check in from 15h00. Relax & acclimatise. Welcome dinner 19h30.

11 June. 07h00 sunrise yoga. 09h00 Breakfast. 10h00 Mid-morning Power Yoga. 13h00 Lunch. 14h30 Relax. 17h30 Wine Tasting. 19h30 Optional dinner in Le Café 1500

12 June. 07h00 sunrise yoga. 09h00 Breakfast. 10h00 Mid-morning Flow Your Own Way yoga. 13h00 Lunch. 14h30 An Introduction to Painting. 16h00 Happy Hour 19h30 Optional dinner in Le Café 1500.

13 June. 07h00 sunrise yoga. 09h00 Breakfast. 10h30 Market Tour, Issigeac. 13h00 Lunch. 14h30 Relaxation. 17h00 Late-afternoon Power Yoga. 19h00 Optional private dinner available

14 June. 07h00 sunrise yoga. 09h00 Breakfast. 10h00 Mid-morning Power Yoga. 13h00 Lunch. 14h30 Chateaux Walk with Wine Tasting. 18h30 Cocktail Hour. 19h30 Optional dinner at Le Café 1500

15 June. 07h00 sunrise yoga. 09h00 Breakfast. 10h00 Mid-morning Power Yoga. 13h00 Lunch. 14h30 Nutrition for Healthy Living Bespoke Consultations. 18h00. Sundown Meditation & Mindfulness. 20h00 Optional private dinner available

16 June. 10h00 depart Le 1500.

YOUR INSTRUCTOR

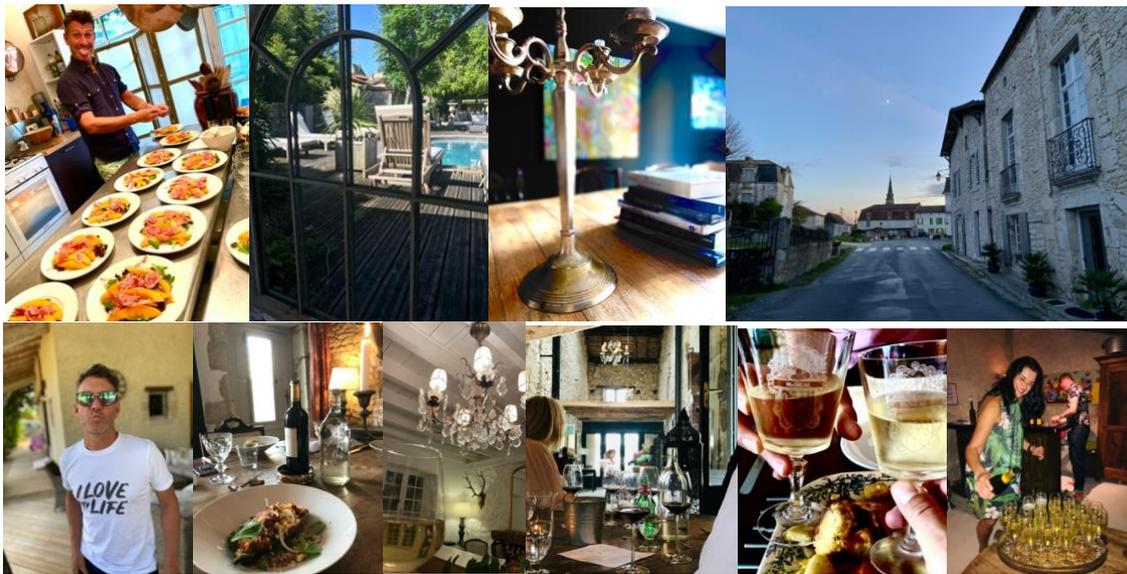


MIKE BINES. Mike joins us from the UK where he works as a personal trainer and yoga instructor. Mike's talent and passion for running yoga classes is sought out around the world and we are fortunate to have been able to slot him into our programme in 2021. Says Mike, 'My passion has always been about making people feel good about themselves in mind and body ... I want everyone - men, women, young and old – to feel they can practise yoga whether they can touch their toes or not, whether they can meditate, or not'. Mike is certain to inspire you, whoever you are.

THE ACCOMMODATION

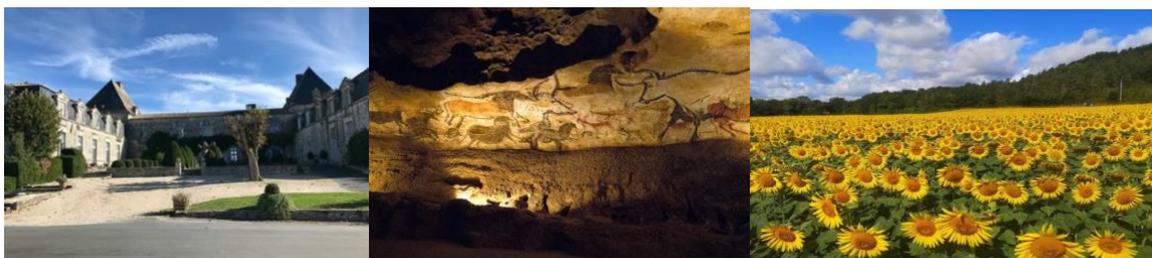
Le 1500 is a small group of historic buildings dating back to the Twelfth Century, situated in the heart of Saussignac, a hilltop village in the South West of France. The property is a beautiful marriage of contemporary design and medieval history where guests will find a quiet corner to read a book or join the party zone elsewhere.

Our rooms each tell a story and are beautifully appointed, each with ensuite bathroom and plenty of space to relax as well as sleep. The rooms are equipped with a secure safe, bathroom products and pool towels are provided.



EXPLORE THE REGION

Culturally bursting at the seams with historic cities such as Bordeaux, Bergerac and Sarlat and only 120 minutes from Toulouse, The Nouvelle Aquitaine region some of France's most incredible sights and experiences. Guests can take a day trip to visit an extraordinary number of stunning places. From the vast beaches and dunes of the West Coast (140 minutes) to the UNESCO world heritage site of the prehistory Vézère Valley and the Lascaux Cave paintings. For the more adventurous, get up early and drive across the border into Spain for lunch in San Sebastian (180 minutes). Or stay closer to home and visit one of the area's stunning authentic French markets, visit the world-famous Dordogne Valley with its 1001 Chateaux or just step outside Le 1500 and walk through the thousands of hectares of vineyards on our doorstep.



FLIGHTS

There's no shortage of flight options to transport you to Le 1500. Our nearest airport, Bergerac is a 20 minute car ride and is regularly served by British Airways (London City and Southampton) and RyanAir (London, Liverpool, Bristol and Bournemouth) in the UK. Flights also operate from Belgium and The Netherlands. Bordeaux Airport is a 90 minute car ride (train transport to Gardonne, five minutes from Saussignac, is also possible) away and is served by a variety of international airlines from around the world, as well as internal flights from across France.

We're happy to organise a chauffeur to pick you up from one of the airports or the train station.

CAR HIRE

Car hire is available directly from Bergerac and Bordeaux airports. Alternatively, we're happy to get you to a car hire location in Bergerac once you've settled in at Le 1500. Advance booking is advised especially during peak season. Having a car at your disposal will allow you greater opportunities to explore the region independently.

RESERVE YOUR PLACE NOW

CONTACT LEE OR MIKE AT saussignac@yahoo.com OR BY CALLING +33 6 42 13 93 67

LE 1500

WHERE TIME BEHAVES

WWW.LE1500.ROCKS