

Retreat / Vacation Description / Travel Details

**Join me for a Journey to Europe – Sep 1 - 7 or 11, 2012
Enjoy a Yoga Retreat at La Madelène, the Big House in
Provence, and visit the French capital Paris.**

Package A - Yoga Retreat in Provence, Sept 1 - SEPT 7

La Madelène is a beautiful renovated 12th c. priory located in the foothills of Mount Ventoux in Provence, between the villages of Malaucene and Entrechaux. Founded by Benedictine monks the house sits on a sandstone outcrop surrounded by mature trees with views over vines, fruit orchards and mountains.

There are diverse bedrooms sleeping up to 13 people. The house has been carefully renovated and decorated with a mix of contemporary classics and antique Provencal furniture. There are many terraces, a lawn, walled courtyard and a 35x16.5' pool! Accommodation is in the priory itself which has been renovated to a very high standard and retains the tranquility enjoyed by residents for centuries. The bedrooms all have en suite bathrooms and views over the vineyards and the mountains. All are designed and furnished to create a calm and comfortable environment. Towels for the swimming pool are not provided so if you wish to swim, you will need to bring a towel with you. During our retreat La Madelène will be booked exclusively for our group.

What else can you expect?

The stay will include **3 daily yoga classes**, optional. **(see also the detailed description)** Each class is different and are developed around the needs of the participating students.

Wonderful food at La Madelene: everything is prepared freshly by Jude and Philip, our hosts. They cook their versions of Provencal/Mediterranean classics, a mix of vegetarian and meat dishes, breakfast and lunch are served buffet style, in the evening they do place settings but the courses are most often served on a large platter which everyone helps themselves from. During September we will eat al fresco at all meals ...on one of their terraces. Lunch might be a composite salad like a Nicoise or a Ricotta pie with pesto, followed by a fruit salad and a slice of almond cake. They like to use lots of fruit and vegetables of the season... for example thats coeur de boeuf tomatoes and cherries. Dinners: might start with a roasted red pepper with tomatoes, herbs and anchovy, followed by tapenade stuffed Magret de Canard on a bed of puy lentils or a Couscous Royale. They usually offer a cheese course (sometimes fresh young goats cheese from the Ventoux served with local lavender honey) and a dessert...Jude's speciality is home made ice creams and sorbets, either from the fruit that's in season or from dessert wines like Muscat de Beames de Venise.

A vegetarian option/adaptation is always available. Red, rose and white wine by the pichet is unlimited throughout the meal....they often serve some more special wines from their cellar on the last night. One night they have a night off from catering. On night 4 and that's when we go to a local restaurant (usually St.Hubert in Entrechaux, very good traditional Provencal food, lovely family, not expensive).

On one evening in the week tour hosts set up an **open air Cinema** on the yoga decking for after dinner entertainment...guests are asked to choose what they'd like to see from around 10 possibilities...this has proved a great success especially on balmy evenings.

Also:

- A visit to a local wine Domaine, meet the vigneron, walk in the vineyards and around the winery and taste the range.
- A cooking class a la Provencale
- A morning at the market of the romantic ancient town Vaison-La-Romaine and its Roman ruins

What else: maybe you like to visit Avignon, with its Papal palace, pont Saint-Benezet and quality shopping (about an hour away) or visit the ancient towns Orange or Carpentras, both a car ride of about 30 minutes away. We will help you to organize it or offer it additionally

Or you just relax on the lawn of La Madelène, around the swimming pool, enjoy an apéritif in a number of shaded seating areas in the garden, or enjoy the views from one of their roof terraces. The house occupies a peaceful position surrounded by fields of fruit trees (cherry, apricot and plum) as well as vines. Entirely secluded by trees including ancient parasol pines and cypress, chestnuts, oaks, and olives, the garden of La Madelène closely resembles the "retreat" that attracted its original inhabitants.

As you made it so far add, if you like:

Package B: Paris Sept 7 - Sept 11, 2012

Trip to and stay in the French Capital with RoxAnn and Rolf

Take advantage of the fact, that we have stayed dozens of times in this magnificent and expensive city, know the right restaurants, shopping addresses, hidden gems and popular sights.

Join us on our strolls through the City, the Quartier Latin, the Marais, climb with us the stairs of the Eiffel Tower, say 'Hi' to the Mona Lisa in the Louvre, be inspired by one of the most beautiful gothic cathedrals: Notre Dame. Experience the bistro culture and have a coffee at Les Deux Magot, where famous artists and writers like Picasso, Fernand Léger, Prévert, Hemingway, Sartre, Simone de Beauvoir and many more already enjoyed themselves observing and commenting Parisian Life Style.

Take a boat ride on the River Seine, walk the romantic paths on Montmartre, enjoy the Sunset overlooking Paris from Sacre Coeur. Have a snack or lunch with us, where the Parisians do and dine with us apart from the regular tourist path. Explore the art galleries, beautiful fashion boutiques and impressive show rooms with their antic furnitures or more adventurous the swap meet, where you might find the bargain of your lifetime:)

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A - Short facts Retreat: SEPT 1 - Sept 7, 2012 (min/max 10 Participants)

What is included:

- **Transfer** Marseille Airport* - La Madelene - Marseille Airport*(2h ride each direction)
- **6 night accommodation**, Guest room, double occupancy, at a very nice, 4 star equivalent, charming property
- **3 daily Yoga activities**
- **Three meals** including table wine **daily** (except on 4th evening)
- **A visit** to a local wine Domaine, meet the vigneron, walk in the vineyards and around the winery and taste the range
- **A cooking class** a la Provencale
- **A morning at the market** and visit of the romantic ancient town Vaison-La-Romaine
- **A 3 hour photo class** for beginners by Rolf Goellnitz

1.170 EUR p. Person (Double Occupancy - without air travel fare)

* or Avignon train station 45 Min.

Not included are airfare, additional activities*, additional food and drinks, gratuities, additional transportation.

*All additional activities organized by OMC Communication LLC, La Madelene or third parties have to be paid individually. Costs will depend on number of participants.

B - Short facts Paris: September 7-11, 2012 (six Participants minimum)

What is included:

- RoxAnn and Rolf accompanying you from 'La Madelene' to Paris Airport on Monday SEPT 10 and in between sharing Paris' Highlights and Lifestyle with you.
- **Travel** from Avignon to Paris with the **High Speed Train TGV (Coach)**
- **4 nights** in a good **Hotel(**to ***)** in Paris including continental breakfast. Please note that the size of Parisian hotel rooms despite the price, simply can't be compared to the dimensions you might be used to in the US.
- **4 x snacks** (plat du jour) with 1/4l table wine / or coffee / or tea (bistro style)
- **4 meals** with table wine (restaurant / brasserie)

1.120 EUR p. Person (Double Occupancy - without air travel fare)

NOT included: Air transport - Additionally offered activities through third parties* - Additional food and drinks, Upgrades for train, Costs for all Metro / Bus / taxi transportation in the city and to the airport and access to sights (e.g. Louvre, Eiffel Tower, Arc de Triomphe, Moulin Rouge, etc.

You will have to pay those individually.

*All additional activities organized by OMC Communication LLC or third parties have to be paid individually. Costs will depend on number of participants.

Total Costs: Package A **Yoga Retreat Provence = 1.170 EUR*** = ~USD 1,652*
(**without** transportation / air travel USA to France and back) *USD amount depends on actual exchange rate

Total Costs: Package A **Yoga Retreat Provence + Option B Paris Stay = 2.290 EUR*** = ~ USD 3,206 (**without** transportation / air travel USA to France and back) *USD amount depends on actual exchange rate

***IMPORTANT:** All Prices are in Euro. THE FINAL PRICE IN US-DOLLARS WILL ALWAYS DEPEND ON THE CURRENCY EXCHANGE RATE OF THE DAY YOU PAY YOUR DEPOSIT and/or YOUR BALANCE.

Please note: Arranging and booking Travel USA to France and back is your obligation, currently one can book a roundtrip LAX - Marseille or a flight LAX - Marseille and back from Paris to LAX for about USD 1,450 - 1,550 total, through Expedia.com.

Optional you also can book a roundtrip to **Paris Charles de Gaulle Airport** (more and probably cheaper connections) and take the fast train TGV to Avignon (~2.5 hour trip) and be picked up at Avignon Station at 5PM (17:00h) on Sept 1, 2012.

MAKE SURE to arrange your travel to arrive in time for pick up at 1.30 PM (13:30h) in Marseille on Sept 1, 2012

Also good to know: Tax (VAT) and tips in Restaurants in FRANCE

The good news is that prices rated on the menus are all-inclusive: they include both the 15 percent tip and the sales tax.

In **France** the law demands that both charges must be included in all prices displayed in bars and restaurants. It does not indicate that tipping is not welcome or expected in return for good service. As long as service has been good, you should generally leave a little extra by rounding up the bill. If you are in a bar, it would be appropriate to round the bill to the next euro and in a restaurant a little more, up to 10% if you're feeling very generous - but it always depends what value for money you felt you got and how good the service was. Just remember that the driving point behind tipping is on service and the amount left should reflect the service given.

Tipping as described above is not obligatory but is normal unless the service was clearly below par. Most French do not tip for just a couple of drinks, though they may leave the "loose change" if it's just a few centimes. However, most **do** tip a small amount in restaurants provided the service has been good.

Also all prices on products in French shops are including the VAT of 19.6% already.

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Yoga with RoxAnn

The retreat will include 3 daily yoga activities, all optional. You may be wondering why I call them activities and not classes. Each activity is different and some are actual classes. Besides being developed around the needs of the participating students I have designed the classes also around the beauty of the location and facilities. Drawing from Help Your Health Yoga workshops we'll be focusing on: Weight Loss, Arthritis, Stress, Shoulders/Arms, Back Pain, Knees/Feet and Office(Desk) Yoga as well as Yoga Therapy.

We will begin the day before breakfast with a **Traditional Gentle Yoga Class** outside, welcoming the beginning of a beautiful day in our chosen location, awakening the body and enjoying the local ambience. There is always the option that this class can be held midmorning (well after breakfast) instead, if there are no outings scheduled.

Also early in the morning, I will define a place to do Sun Salutations before class and anyone can join me if they wish, this may be near the pool, on a deck or under the trees and will be separated from the class.

The next yoga gathering will be an **Instructional Hour** later in the day and will be different for each individual. Here we will work together on any specific questions you are having about your yoga experience/ practice, maybe a new asana which you have never done or setting up a specific short routine. Whether you want to take your practice to another level during this retreat or what questions you might have, in general or specifically, this is where they will be answered.

In the evening before retiring, and after dinner has been digested, we will share a **Restorative Practice** with **Yoga-Nidra** (or Yogi Sleep) and a guided meditation. The location will either be inside or out. With the lights low or candlelight, singing bowls, nothing active just passively experiencing a state of releasing to complete surrender of tension and stress.

Fortunately, your bed will not be far as you prepare for a deep, pleasant night's sleep.

Your yoga experience will be individual. If you are a seasoned practitioner you can continue your journey in a magical location. In case you are a beginner, who is new to yoga, you will begin your exploration. Then there might be some, who opt out completely and that is also okay!

Namaste,

RoxAnn

General Schedule of the Retreat Week:

Saturday Afternoon arrival at La Madelène:

6:30 PM Welcome drinks and introduction to our hosts.

7:00 PM Dinner

9:00 PM **Restorative Practice** with **Yoga-Nidra**

Sunday - Thursday

6:15 AM Sun salutations

7:00 AM **Traditional Gentle Yoga Class**

8:30 AM Breakfast

1:00 PM Lunch

5:30 PM **Instructional Hour**

7:00 PM Dinner

9:00 PM **Restorative Practice** with **Yoga-Nidra**

Friday 6:15 AM Sun salutations

7:00 AM **Traditional Gentle Yoga Class**

8:30 AM Breakfast

Leaving for departure via Marseille airport or Avignon train station.

P.S. All yoga classes are optional. All included activities like visit of local vine domaine, cooking class, Photo class, visit to market of Vaison-La-Romain will be scheduled in time before departure from the USA.

Additional activities organized by OMC Communication LLC, or third parties have to be scheduled during the stay and will be paid individually. **Costs will depend on number of participants.**