

YOGA EXPERIENCE IN PROVENCE



Louise is the co-founder & director of Urban-Ultra in the UAE and LPSV Experience in France. Originally from Yorkshire, Louise has worked in the creative arts since graduating in the UK and then heading off on her global travels since the age of 21, with her graphic design, photography, video skills taking her to every corner of the planet. Adventure is in her DNA! With a keen passion for the outdoors, fitness and the extreme, she has spent years cycling, trail running and competing in triathlon, cycling and ultra events all over the world enabling her to offer a wealth of knowledge and expertise in all aspects of the mind and body.

It's time to embrace new challenges and begin your journey along a new path to health and happiness. Discover how you can use sport, creativity and nutrition to positively impact your future to freedom. Activities centered around goal setting | core strength | adventures | home-cooked nutritious food and FUN!

ARRIVAL SEP 8TH

Group transfer from Nice Côte d'Azur Airport (Collection at TBA). Arrival at La Palud sur Verdon "basecamp" to refreshments and orientation. Time to explore your new home for the coming week, and freshen up after your flight and get settled in. A healthy home-cooked dinner.

DAY 1 MONDAY

YOGA - followed by breakfast
Gentle Hike or trail run to La Faye above the house with views! Walk through village.
Lunch at LPSV base
Leisure time/OCR orientation and AIR CHALLENGE
Massage opportunity
Evening cocktails and sunset at Verdon hotel before an Italian themed dinner

DAY 2 TUESDAY

Healthy breakfast
Drive to lake for lakeside YOGA - followed by picnic lunch by the water. Optional pedalo/SUP/swim or gentle lakeside hike or watercolour painting at Lac St. Croix
Stroll around stunning village of Moustiers St Marie and an ice-cream
Afternoon stretch and FIRE CHALLENGE - Massage opportunity
Evening refreshments, French-themed dinner and lively conversation!





DAY 3 WEDNESDAY

YOGA - followed by breakfast

Drive to E-biking and cycle around the Routes des Cretes to see vultures and views

Return to base for lunch and free time

OCR (Obstacle Course) incorporating EARTH CHALLENGE - Massage opportunity

Evening refreshments, Thai themed dinner and lively conversation!

DAY 4 THURSDAY

YOGA - followed by breakfast

Walk to lunch in village via hike/trail route and free time WATER CHALLENGE

Afternoon masterclass - Arabian Nights! (Middle eastern cooking class)

Evening refreshments, middle eastern dinner in the Arabic Tent under the stars

DAY 5 FRIDAY

Healthy breakfast and forest meditation

Drive to historical village of Castellane for coffee and ice-cream and shopping

Lunch in the village

Return to base for afternoon YOGA - Massage opportunity

SPIRIT award with refreshments, evening dinner out in Moustiers St Marie

DAY 6 - SATURDAY SEP 14TH

To-Go breakfast early depart for Nice Côte d'Azur Airport



TERMS & CONDITIONS

INCLUDES

Accommodation in twin sharing rooms
All meals as per the itinerary
All activities as per the itinerary
(*we will have flexibility within the framework to make the most of weather conditions, take advantage of unexpected opportunities - and make sure everyone is happy)
A great host team!
New friends and On-Going Support
Healthy and freshly prepared home cooked meals locally sourced from the region
For any special dietary requirements or allergies, please communicate them in advance of the trip
Yoga mats, blankets and blocks

EXCLUDES

Flights/transfer
Third Party activities like e-bikes etc.
Optional SUP/Kayak/Aquarandonee etc. not included in price/payable at time of rental
Restaurant outings
Alcohol (available at a nominal cost)
Personal expenses
Individual transfers to and from airport
Payments can be made via bank transfer to a French bank account, SumUp or in Cash

SUGGESTIONS

- Travel Light
- Use this time to take a digital detox (there is wi-fi however we encourage you to unplug and enjoy lively conversations, listen to nature or simply BE)
- Be open to trying a new way of eating - plant-based/vegetarian
- If you are flying in the day before the scheduled group pick up please let us know and we can recommend hotels close to the Cote D'Azur airport.
- Hiring a car is also an option for those wanting to explore more of France after the retreat.

WHAT TO PACK

Notebook, Journal and pens
Exercise gear leggings/shorts/t-shirts/sports bras/tops
Regular underwear/swimwear/sarong/wraps/socks
Fleece - yes it can be cool in the mornings and evenings!
Casual & comfy clothes
Trainers or Hiking Boots
Sandals
Swim wear
Waterproof jacket – sometimes it rains!
Bandana/hat Sunscreen/lip balm
Sunglasses
Any medications you take
Camera/Chargers
The book you have been meaning to read (or start writing one)

To check out the venue run by hosts Louise and Pascale www.lpsvexperience.com

