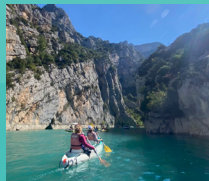




YOGA

RETREAT IN PROVENCE, FRANCE



2025 DATES
25 - 31 MAY | 1 - 7 JUNE

- 7 DAYS/6 NIGHTS
- \$2400 All-inclusive*
Full Board & Drinks, Yoga, Activities, Massage, Transfer
- All levels of ability
- Limited to 7 guests ensuring one-to-one guidance

**(Excludes flights, medical/travel insurance)*

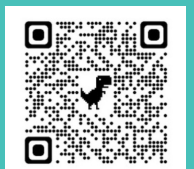
Nourish yourself from the inside out, and outside in by joining us in the Gorges du Verdon for our 7 day Revitalise, Recharge and Rejuvenate Yoga and Wellness retreat with daily yoga sessions in the tranquil nature of the forest, lakes and mountains of Provence, France.

Your base enjoys a breathtaking view of La Palud-sur-Verdon village and the surrounding mountains as its backdrop - the perfect location for a spot of yoga and exploring all the Gorges du Verdon has to offer. You will work on breathing techniques and mobility with Kristina Mills who holds 500hr RYT, yoga nidra meditation and iRest Level 1 certifications - with a passion for movement and mindfulness, she strives to help people maintain healthy flexibility through yoga, functional movement and bring the nervous system to a calm parasympathetic state to encourage rest and recovery. Sessions cater to your own level of flexibility and fitness so beginners or advanced will feel at home.

The day's activities, fuelled by a nutritious menu designed with a focus on fresh, clean local produce sourced from the region, can include anything from your daily yoga fix, to hiking or kayaking to floating down the river, white water rafting or e-biking around the gorge. The week will be planned based on the guests' requirements and comfort level, though we hope we can encourage a leap out of your comfort zone in this supportive group setting. This is a chance to dive deep down to the pure essence of your soul.



BOOK NOW!



MORE INFO : USA + 1 813-358-7922 or email: kristina@kmyogamovement.com
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