

Yoga in Bordeaux



Enjoy 6 nights and 5 days of Yoga in the Bordeaux region of France May 1st to 7th 2022

Schedule: *Subject to change*

3 PM Arrive Monday, Light meal

Tuesday – Friday

7:30 to 8:15 AM Pranayama

8:15 to 9 AM Coffee/tea break

9 to 11 AM Yoga asana

11:30 AM Daily Brunch

Free Time – tours etc.

Wednesday

4:30 to 6 PM Restorative yoga

7 PM Group dinner

Saturday Early Yoga and Departures



Leigh Anne Milne is a Yoga Therapist, Kripa Foundation Iyengar Yoga Senior teacher and Iyengar certified Yoga teacher. Leigh has found the combined knowledge of Iyengar yoga, health care, and the Kripa model of compassion to be a rich foundation for practice. She believes the Self desires a return to wellness and seeks a supportive environment. Our practice will be both enlivening and restorative, inviting personal growth as well as rest.

What's included: Accommodation, 4 Brunches, One dinner, One winery tour, Gratuity, Five days yoga

Optional: Visit the towns of Bordeaux, Medoc, or Saint-Emilion; take a historic tour, French cooking lesson, Spa service

Not Included: Flight, ground transportation, restaurants and other discretionary spending. You may fly to Paris and take a train to Bordeaux where pick-up can be arranged or rent a car.

Cost Per person (USD):

Total per person:

- \$2132.00 (US) Shared Room (with one other person)
- \$2832.00 (US) Private Room (single)
- \$2000.00 (US) per person, couples
- Add \$200 after Jan 15th, 2022

• Bedrooms all have en-suite bathrooms

• View our accommodations here: www.petitverdusfrance.com

Register either by bank transfer or credit card (+ 3.5% CC fee is added).

Email leigh@sadhanayoga.ca to confirm your place first.