

SEPTEMBER REVIVAL WEEKEND

17TH – 20TH SEPTEMBER 2020



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Hosted at an exclusive country house in the Cognac region of France

A unique opportunity to retreat and restore both the body and mind, this Weekend will introduce you to practices which help relax and still the body, quieten the mind and centre the spirit. The programme takes place in a very beautiful country house nestled in tranquil Cognac countryside, offering the very best of local cuisine and wines, alongside visits to some very special local attractions.

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About the Programme

Relax, revitalise, rebalance...

In a world where our minds never stop and we find it difficult to switch off, this weekend is an opportunity to take a complete break and press the reset button for body and mind. You will be guided through simple - yet intensely powerful - meditation and relaxation sessions, which allow stress and tension to melt away. You will also learn techniques, which you can go forward to use in your daily life as required.

Slow down, switch off and tap into your inner reservoir of creativity, energy and peace. Delicious deep relaxation guaranteed! This weekend is a great introduction for those who have never experienced meditation, while more advanced practitioners can go deeper and strengthen their practice.

“Tension is who you think you should be...

...relaxation is who you are.”

| September Revival Weekend Programme | | | |
|---|---|--|--|
| Thursday | Friday | Saturday | Sunday |
| Ryanair London Stansted – Limoges Arrives Bordeaux 17.35 | 8.00 – 8.45am Wake up the body with a moving meditation | 8.00 – 8.45am Wake up and breathe! | 8.00 – 10.00am Glow inside and out with Face Yoga |
| | 9.00 – 10.00am Breakfast | 9.00am – 10.00am Breakfast | |
| | 10.15 – 12.00pm Mindful Nature Walk | 10.30 - 12.00pm Relaxation with Reiki | 10.30 – 12.00pm Brunch |
| | 1 – 2pm Lunch | 1 – 2pm Lunch | Closing session & preparation for departure... |
| 17.35 Pick up from airport and transport to Chez Perot | 2.30 – 4pm Rest and relaxation | 2.30 – 5.30pm Visit to the beautiful <u>Chateau de Villebois Lavalette</u> | Ryanair Limoges – London Stansted Departs Limoges 17.00 |
| 7.30pm Welcome & Orientation | 4.30 – 6pm Wine & Cognac tasting at Le Maine Giraud vineyard | | |
| 8.00pm <u>Aperos</u> 8.30pm Dinner | 8pm Dinner | 8pm <u>Aperos</u> 8.30pm Dinner | |
| 10.00 – 10.30pm 'Wind down' guided meditation with crystals | 9.45-10.30pm 'Sleep Well' relaxation session – with candles and music | | |
| Nurturing the Soul | Nurturing the body | | A little bit of France |

About the Teacher

Natalia Ripsher is a qualified meditation teacher and has been leading group and private classes in meditation and relaxation since 2015 at The Little Room of Harmony in Widford, Hertfordshire. She also co-organises events where she leads larger groups through a beautifully relaxing guided meditation to enable people to reconnect with their inner peace and feel relaxed, revitalised and rebalanced.



In addition, Natalia is a certified teacher of The Danielle Collins Face Yoga Method, a Reiki Master offering Reiki treatments and training, a crystal therapist, an Amnanda therapist (Ayurvedic) and a distance healer. After several years working in the City of London, Natalia left in 2008 to raise her two young children. At this time her interest in natural and holistic health grew, initially as a hobby, and then expanded into a business when she launched The Little Room of Harmony in 2012. She is passionate about providing a high quality service to her clients and achieving excellent, long-lasting results in improving their well-being.

What her clients say about her classes: “Natalia has transformed my stress levels...can’t recommend highly enough.” “A true break in the rush of life, a guilty pleasure without the guilt!”

About your Hosts

Olive & Charlie are your hosts for the Weekend and will look after you from the moment you arrive until the moment you leave – refreshed, relaxed and ready to go...

Their passion is creating well-being programmes in beautiful settings which offer the space for a very special experience. Quality instruction is complemented by an authentic French experience, from the local food and wine you will enjoy, to the visits to some very special local attractions.



Food for the Soul...

As well as its famous Cognac, this region of France produces a wonderful array of fruit and vegetables, with small artisan producers, and large ones, showing extraordinary dedication and skill. During your time at Chez Perot, enjoy a taste of this area with healthy, nutritious dishes inspired by the seasonal local produce and developed by our qualified chef. We cater for all dietary requirements so just let us know your needs and we will meet them...

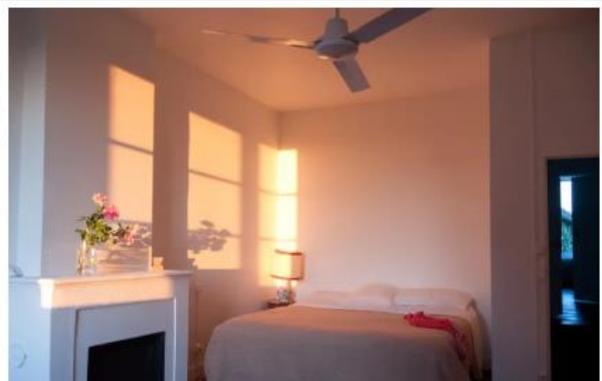


About Chez Perot



Perched on a hilltop overlooking the rolling Cognac countryside, Chez Perot stands restful and serene. This period property is a hidden gem, surrounded by ancient trees and rambling gardens. The interior of the house is a sensitive mélange of country comfort and luxurious modernity with large bedrooms, stylish furniture and an ample

contemporary kitchen including an original bread oven. The grounds lend themselves to long walks and restful relaxation under the wisteria.



About the Cost

The all-inclusive cost of this Meditation Weekend is €599 / approx. £499 per person sharing. The cost covers accommodation, all sessions, all meals, wine and other beverages and all guided outings. Yoga mats are also provided. If you wish to reserve your own private room, you may do so at an additional cost. Please be aware this is subject to availability so please make your preferences known when reserving your place. We are delighted to offer **an Early Bird 10% discount if you book by 31st July 2020.**

| | Shared Accommodation | | Private Room | |
|------------|----------------------|--------------------|--------------------|--------------------|
| | Full Price | Deposit (50%) | Full Price | Deposit (50%) |
| Regular | €599 | €299.50 | €699 | €349.50 |
| | £499 <i>approx</i> | £250 <i>approx</i> | £590 <i>approx</i> | £299 <i>approx</i> |
| Early Bird | €539 | €269.50 | €629 | €314.50 |
| | £449 <i>approx</i> | £225 <i>approx</i> | £530 <i>approx</i> | £260 <i>approx</i> |

Flight costs are not included but if you travel Ryanair London Stansted – Limoges flight on 17th September and Ryanair Limoges - London Stansted on 20th September transport to and from the airport will be provided at no extra cost. A deposit of 50% is requested to reserve your place with the balance to be paid in cash on arrival. **Please note all payments are to be made in euro.**

NOTE: This exclusive Weekend is open to 12 participants with a minimum number of ten. Please do not make travel arrangements until we confirm to you that our first ten reservations are secured. We will confirm no later than four weeks before the Weekend.

Visit

www.ceangal.eu

to reserve your place.



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TERMS AND CONDITIONS

1. Cancellations: Due to the limited number of places on this Weekend, deposits are non-refundable for any cancellations within 30 days of the Weekend start date. If you cancel with more than 30 days of the start date we will refund your deposit minus a €25 administration fee per space cancelled.
2. If you are travelling from outside the country: Before you come on the retreat you must be covered by insurance, which must include adequate cover for baggage, medical expenses and the cost of repatriation should you become ill. It is up to each individual to ensure that their insurance is adequate for the Weekend. Any claims concerning matters for which you are insured must be directed to your insurers. We are not liable for non-compliance to this and you accept responsibility for obtaining any travel insurance required for your trip and the activities you wish to do while away from your home.
3. We will let you know as soon as we can if, through no fault of your own, we are forced to significantly alter or cancel the Weekend. In these circumstances we will offer a full refund of the money you have paid. If you are booking flights to come here, we advise you to take out insurance when buying your tickets, to cover any such unlikely event, or any other event where you would have to cancel yourself.
4. Any information or advice provided by us on matters such as permits, visas, vaccinations, climate, clothing, baggage, special equipment, airlines and travel connections etc. is given in good faith but without responsibility on our part, and the passenger accepts responsibility for obtaining any necessary visas and travel documents required.
5. Your booking is accepted on the understanding that you realise the possible hazards involved in our Weekend, including injury, disease, loss or damage to property, inconvenience and discomfort. Changes in planned travel may be caused by flight cancellations, weather, sickness, or other unforeseeable circumstances. No refunds will be given for services not utilised. If a customer is unable, or does not choose, to complete the Weekend, we are not liable to supply alternative itineraries, excursions, accommodations, services or staff for the period when the client is not present with the group.
6. If you participate in the activities it is necessary that you abide by the authority of the leader. Signing our booking form signifies your agreement to this, and if you commit any illegal act when on the Weekend or if in the opinion of the leader your behaviour is causing or likely to cause danger, distress or annoyance to others we may terminate your arrangement without any liability on our part. If you are affected by any condition, medical or otherwise or have any special needs, these must be brought to our attention at time of booking.
7. If you have any complaint about the Weekend, you must make it known at the earliest opportunity to the host and/or our local representative, who will normally be able to take appropriate action.
8. We are responsible to you for the proper performance of our obligations under the contract. We are liable to you for any damage caused to you by our failure to perform the contract or by our improper performance of the contract, unless that failure is: a) attributable to you; b) attributable to a third party unconnected with the provision of the services and are unforeseeable or unavoidable; c) due to unusual and unforeseeable circumstances beyond our control and could not have been avoided even if all due care had been taken d) due to an event which even with all due care we could not foresee or forestall.
9. Commitment to Data Security. We are committed to data security and your personally identifiable information is kept secure.