



Claire Ferry Yoga

31 Aug – 7 Sept and/or
7-14 Sept 2019
France Yoga Holiday

I'm delighted to be returning to the picturesque surroundings of Cordes-sur-Ciel in spring. We will enjoy yoga and local walks, eat nutritious local vegetarian or vegan food and take day trips to local areas of interest.



Cost:

- £150 deposit for one week, £175 in total if attending the fortnight
- €650 per week – single bed in a twin room
- €750 per week – single room
- All rooms have shared bathrooms/toilets.

The price includes 10 yoga classes over each week, accommodation and two meals per day. Flights and insurance are not included. For those of us coming from Northern Ireland or elsewhere there will be transport from Toulouse airport.

Rooms will be allocated on a first come, first served basis. Please pay your deposit of £150 to confirm your booking. This deposit is non-refundable unless your place can be sold if you pull out. The balance is due by 10 July 2019. Yoga equipment is provided.

Contact me claire@claireferryyoga.net or 07743 841415 to book your place or ask questions.

The **timetable** for each week is approximately as follows but times are flexible:

Saturday 31st August or 7th September – arrive and settle in to our new surroundings

Sunday to Friday - two yoga classes per day except two days with only one (to be decided depending on weather – allowing for longer day trips)

- 7-7.45am early morning meditation (optional, not taught)
- 8-9.30am yoga
- 9.45am brunch
- Day free for trips/walks
- 5-6.30pm yoga
- 7pm evening meal

Saturday 7th or 14th September – breakfast and depart

Local area – the surroundings are beautiful and there's plenty to do. The venue itself has a large area of fields and woodland for walks. It is less than 2km to walk to Cordes-sur-Ciel, full of artistic shops, organic food and a market. We will arrange day trips depending on people's interests – Toulouse and Albi are relatively nearby, or we can venture into the countryside some more.

Travel is not included so you will need to make your own way to the venue or meet us at Toulouse airport. Those coming from Ireland are flying from Dublin with Aer Lingus, arriving Toulouse 15.20 so it is helpful if you can arrange a flight coming in around the same time if you'd like to avail of the minibus. The return Dublin flight departs at 16.00 from Toulouse airport. However there are trains to Cordes as well, and you can be collected from the station there too.