

Southwest of France

# The Goddess Retreat

September 7th - 14th

We would love for you to join us for this beautiful celebration of life in the Southwest of France!

The Goddess Retreat is an 8-day immersive women's only healing retreat in the heart of France's beautiful Dordogne - Aquitaine region. Inspired by the transformational practices of traditional Chinese medicine, Yoga, Ayurveda and Buddhism, this intimate experience offers you a bespoke journey to reconnecting with the goddess within you. You will be joined by 9 other women in learning to liberate yourself of what is holding you back from living your fullest most joyful life!

The retreat is facilitated by Dr. Christina Casado L. Ac. and Linda Pedrosa and shall begin on Saturday, September 7th and concludes on Saturday September 14th.

Each day you will be nourished with morning meditations and yoga workshops with Linda, followed by a gourmet organic breakfast. Dr. Christina Casado shall lead you in daily group workshops focusing on self-exploration, mindfulness and developing tools for your nutrition, physical practices, relationships and self-healing utilizing ancient Chinese and herbal medicine practices.

Each afternoon you will enjoy unique experiences in the inspiring natural surroundings of the region, private consultations, massages, as well as specially programmed excursions in the culturally rich region of Dordogne, Aquitaine. We have made sure to include plenty of relaxation time for you to enjoy the beautiful grounds of the property and surrounding area.



We shall also have the unique opportunity participate in a day of mindfulness at the world renowned Plum Village center for Mindfulness (founded by Zen Buddhist monk Thich Nhat Hanh).

You will be guided by experts Dr. Christina Casado L. Ac and Linda Pedrosa, who bring over 30 years of combined experience in East Asian medicine, acupuncture, herbal medicine, Ayurvedic medicine and healing practices including yoga and breath work.

You will learn to free yourself of expectations, the past, the future, the things that keep you stuck, and get out of your own way. This special journey will teach you the practice of mindfulness as well as other proven practices that you can integrate into your daily life to achieve your own version of well-being.

For the entire 8 days and seven nights you will be staying in your own room with en-suite bathroom at a beautiful bed and breakfast. Each afternoon we shall visit some of the most beautiful forests, villages and natural wonders of the area. There will be a good amount of walking each day, but you will always be the option to rest or not participate any activity. Finally, we shall spend one day visiting Plum Village, the mindfulness practice center of Thich Nhat Hanh. On this day we will have a 90 minute drive in the morning and upon our return in the afternoon. Snacks and water shall always be available on our excursions and during drives. Each afternoon and evening you will enjoy tea service, snacks and lovingly prepared meals featuring organic and locally sourced ingredients.



## **Location:**

We shall be in the heart of the Southwest of France within the Perigord Noir subregion of the Dordogne Aquitaine. This area is the most famous and beautiful part of the Dordogne with its gourmet food, historic structures, pre-historic caves and ancient forests. The Perigord Noir (Black Perigord) owes its name to the vibrant and dense oak forests covering the rolling Perigord hills. You will be staying in the beautiful town of Saint-Germain-de-Belvès.

## **Retreat Highlights:**

- +Gourmet organic meals (breakfast, lunch and dinner)
- +Ayurvedic Massage (1)
- +Herbal Consultation (1)
- +Breath work sessions
- +Daily meditation, Yoga and mind-body workshops
- +Group sessions and workshops on self-development and mindfulness
- +Bed and breakfast lodging (single and double occupancy available)
- +Artisanal luxury self-care gift bag
- +Copy of Peace is Every Step by Thich Nhat Hanh
- +Day of Mindfulness at Plum Village, Mindfulness Center in the tradition of Thich Nhat Hanh [we will be making a donation on behalf of the group for the center as well as to orphanages supported by Thich Nhat Hanh in Vietnam)
- +Excursions to local gardens and towns
- +Equipment needed for practicing yoga

**Phones:**

We will encourage you to surrender your phone for the duration of the retreat so that you can fully experience the power of being present and cultivate a deep practice of mindfulness. You will always have access to your phone and can make calls during your down time. Additionally, one facilitator shall have a phone at all times for any emergency. Phones are strictly prohibited during our morning sessions out of respect for the moment and the process.

**Meals:**

All gourmet meals are included in your retreat package. They will be lovingly prepared by our incredible chefs with seasonal and organic (when possible) ingredients. We can accommodate any dietary restrictions including but not limited to allergies, vegan, vegetarian, kosher, gluten free and diabetic. It is very important that you please notify us of any allergies or dietary restrictions by no later than May 1st so that we may accommodate your needs without compromising our commitment to quality.

Pets: Absolutely no animals or pets please.

**Cost:**

The total cost for the retreat is \$5,000. The only thing not included in this fee is your airfare and transport to and from France.

Should you have any questions or need further information I would be more than happy to schedule a call with you.

With deepest gratitude and love,

Marianne

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Marianne Canero

Founder Alma Community