

chill



rest



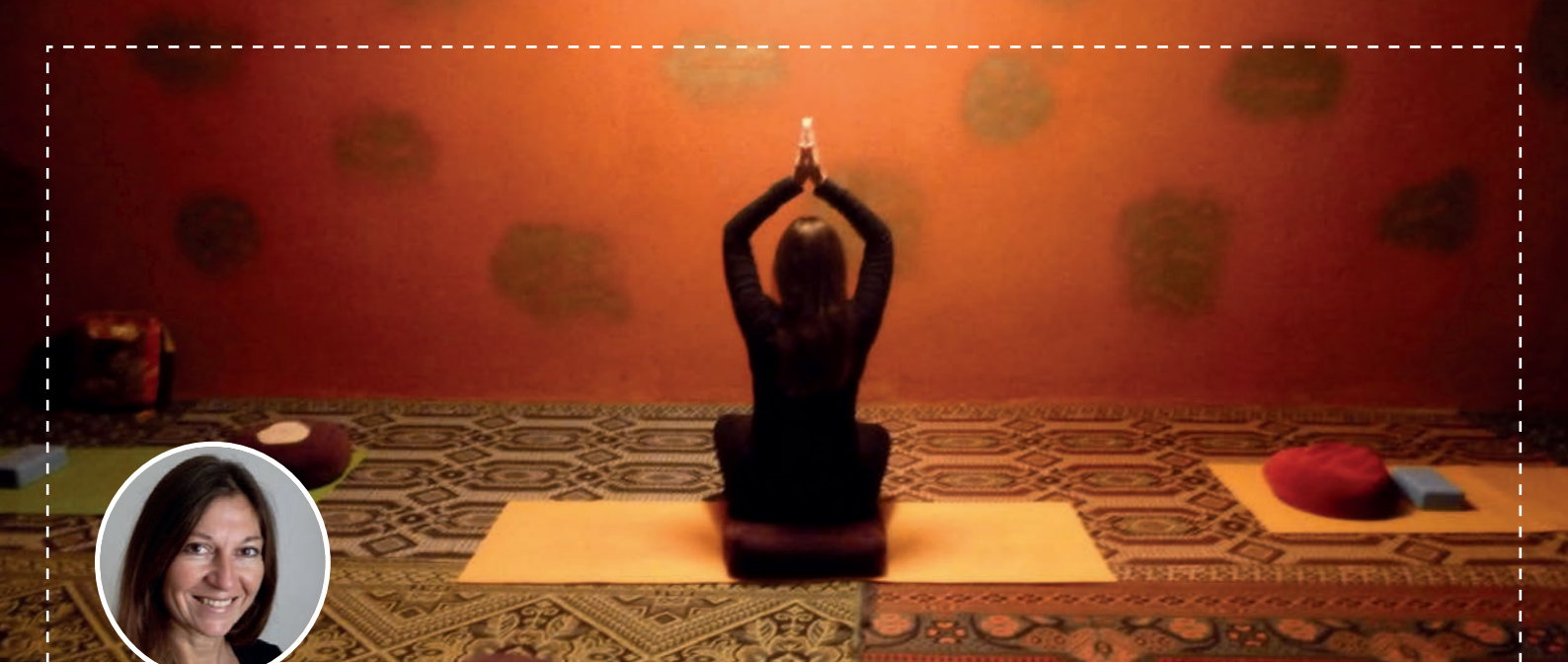
RELAX, REFRESH AND RESTORE IN BEAUTIFUL SOUTH-WEST FRANCE
YOGA HOLIDAY: 23-30 JULY, 2018



explore



nourish



Pauline McIntosh leads a yoga holiday to help you restore mind and body in the beautiful wide open spaces of scenic south west France. You'll be guided through morning and evening yoga sessions tailored for the needs of the individuals in the group. Combining her yoga, arts psychotherapy, Pilates and dance experience Pauline will help you focus on you. Your days are free to lounge by the pool; take shade in the woods; find

solitude with a novel; stroll or cycle the country lanes; visit the numerous nearby Bastide towns; sample the local markets; visit châteaux; try local produce; boat down beautiful waterways... the choice is yours.

Investing £850 in you includes at least 10x1½ hour yoga sessions; nutritious vegetarian meals (7 brunches and 5 dinners); tea and cake every day; water,

teas and instant coffees; Bergerac airport transfers; 7 nights' shared en-suite accommodation. Holistic treatments and 1-1 sessions can be added to your holiday. Come and join us for fun and chilled times.

For more info and booking please contact **Pauline@themindbodymovement.com** and include a phone number with your enquiry. Discount offers are sometimes available.