

Occitanie, South West France

Friday - Friday
30th Aug - 6th Sept 2019

FEEL GREAT RETREATS

WITH ALICE & MATT

"Recharge and revive this summer"

An uplifting yoga, fitness and mindfulness retreat to make you feel GREAT.



Immerse Yourself

Join Alice and Matt for the second edition of Feel Great Retreats, crafted to offer practices that will get your heart pumping, your face glowing and your mouth laughing. They've joined forces to blend together their teachings of yoga and meditation with vibrant, and most importantly fun, fitness activities.

Wake up every day to stunning views of the valley, breathing in the fresh mountain air. Journey inwards with journaling and meditation. Unravel tension via juicy, vinyasa flows and get your endorphins pumping and pulse racing with calisthenics, mobility, and HIIT/movement fusion classes. As the sun sets over the vineyards you will be soothed with yin, myofascial release and restorative yoga to ensure a deeply restful nights sleep. There will be ample time for you to chill in hammocks, sunbathe by the pool and get some well deserved rest and relaxation.







Proposed Schedule

FRIDAY 30th

17.00 Arrivals
18.30 Welcome ceremony & yoga
20.00 Dinner

SAT-THURS

08.00 Meditation & journaling
08.30 Vinyasa yoga
10.00 Breakfast
FREE TIME / EXCURSION / FITNESS / LUNCH TBD ON TIMING
18.00 Yin/Restorative yoga
20.00 Dinner

FRIDAY - 6th

08.00 Meditation & yoga
09.00 Breakfast
10.00 Departures

All activities are totally optional and all levels of experience will be catered for. The schedule might differ slightly in terms of timings.





Accommodation & Pricing

All of the luxury rooms have been renovated and feature en-suite bathrooms. You'll wake up to stunning landscape views and the sounds of birds tweeting, total bliss. We provide bed and bath linens, slippers and eco shampoo, conditioner and showergel. All meals included in the room prices below.



Aude

A light and airy bedroom with
garden and mountain views. One double bed and one single bed. Can sleep up to three people. The en-suite bathroom has a full-size bath.

£1650 / €1840 for single occupancy

*SOLD OUT



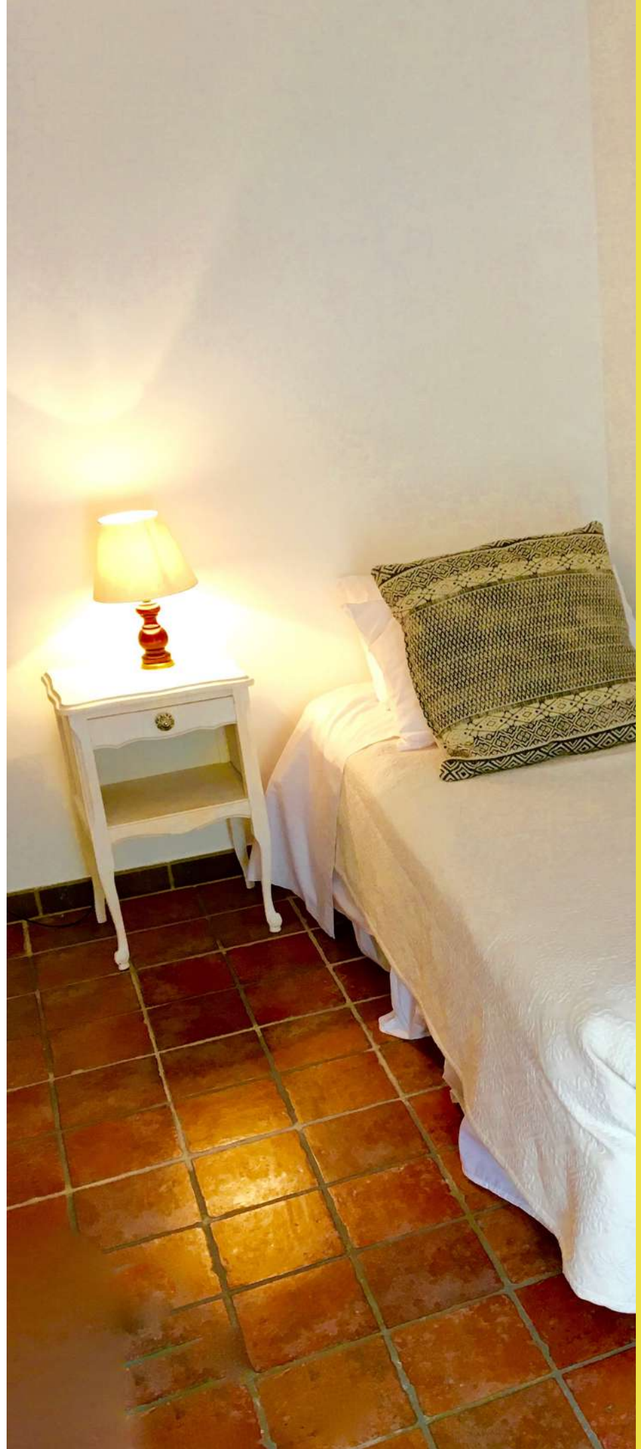
Mont Sec

A bright and airy room with mountain views. One double bed and one single bed. Can sleep up to three people.

£1650 / €1840 for single occupancy

SOLD OUT





Galamus

A cosy garden facing bedroom with lovely high ceilings. Two single beds are available. Perfect for two friends sharing.

£1100 / €1225 per person

SOLD OUT



The Old Bakehouse

A self-contained apartment with fitted kitchen and a private terrace. Three single beds available.

£1200 / €1335 per person





Occitanie

A large south facing room with three single beds. Beautiful views of the courtyard and pool.

£1200 / €1335 per person

2 beds left





Glamping

These bell tents are fully furnished with a double bed, or 2 single beds.

Each Tent is placed in it's own spot of the private oak woodlands, chosen for it's peace & natural beauty.

£1000 / €1115 per person



Meet Matt

Matt is the kind of guy who spreads joy wherever he goes; fun, energetic, strong, with a good dose of camp. With his colourful leggings, motivating music, and creative class structures, he melts together his experiences as a bootcamp instructor and yoga teacher. He encourages sweating, clapping, jumping, and of course burpees in almost every class. He makes exercise feel like pure joy!

From strong vinyasa flows to outdoor bootcamp and everything in between, Matt enjoys teaching the power of movement. Fitness, and yoga, is meant to challenge you, be fun, and make you feel good. Embrace the wobble!

@mattfeczko

@lungesinleggings



Meet Alice

Alice believes deeply in the power of yoga to shine a light on our limitless possibilities so we can uncover our full potential, and is constantly in awe at the transformative nature of yoga. Through her personal practice she has developed a stronger connection not only to her true self but her environment and those around her.

Teaching from an intuitive and nurturing place, Alice always invites students to connect and tune in as they move. She enjoys teaching creative vinyasa style classes that encourage students to explore their own individuality.

@moretoyoga



Meet Moustafa

Moustafa loves cooking and dining with friends and family and believes in the positive influence that cooking together and sharing food can have on us all. He'll be cooking flavour packed, wholesome vegetarian food that leaves you feeling amazing and satisfied.

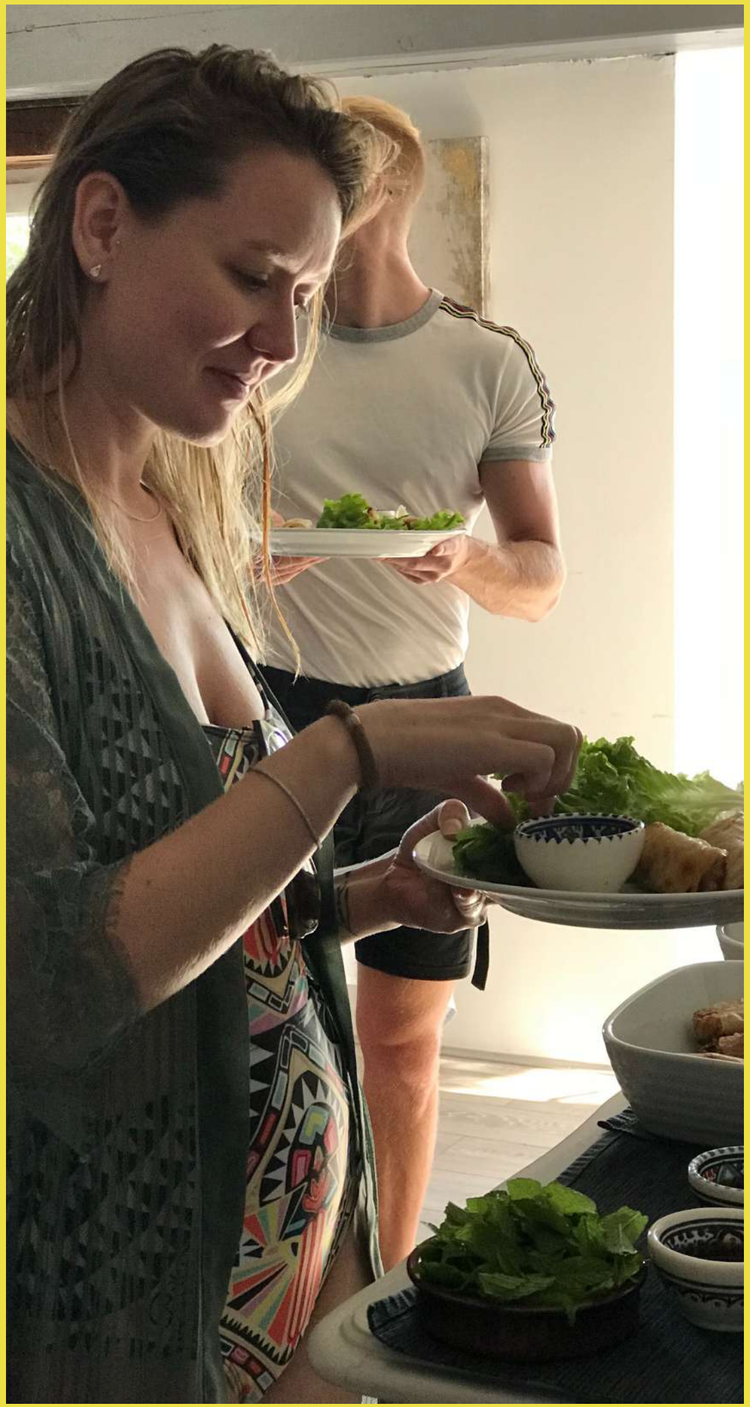
Moustafa's delicious food is inspired by his travels, friends, family, and amateur and professional cooks in Hackney and London. He admires how they take traditional recipes and apply a special touch to make them applicable to those who lead a modern and mindful lifestyle.

@moustafa.teefoz

Delicious & Nutritious Food

Our chef Moustafa will lovingly prepare locally sourced, seasonal produce for all your meals. There may even be a spot of kale! The food served will be healthy, abundant and nourishing to support you as you enjoy your week away.

A self-serve tea & coffee station will be available for you throughout the day. All dietary requirements can be catered for. Just let us know when booking.













Location

You'll be spending your days in a luxury 12th century stone coach house nestled in 15 acres of woodland and vineyards in the glorious region of occitanie, South of France.

Domaine de Mournac enjoys breathtaking views of the valley below, framed by the Pyrenees mountains. Being South West facing means wherever you are you'll enjoy sunshine throughout the day.

There will be lots of opportunities for you to explore the beautiful region of Occitanie.



Getting There

The closest airport is Carcassonne, only 45 minutes by car. Toulouse airport is 1 hour 30 minutes by car. You can either hire a car or we can arrange group transfers for you.

Transfer from Carcassonne for up to 8 people approx €200/£180 return. Transfer from Toulouse for up to 8 people approx €360/£320 return.

We recommend RyanAir flight FR72 from Stansted to Carcasonne at 2:10PM Friday 30th August arriving at 5:10PM, and RyanAir flight FR73 from Carcasonne to Stansted at 5:35PM Friday 6th September arriving at 6:35PM, and we can coordinate the transport shuttle for both directions.

Address: Domaine de Mournac, 11190, Antugnac, France

Can you picture yourself here?

We'd love for you to join us next summer 2019. This retreat will recharge your body, allow you to connect to yourself and the great outdoors, all while having fun and feeling great!

A 25% non-refundable deposit is required to book your space. Payment plans are available. Flights and transfers are not included.

For any enquiries and to book your place please email alice@moretoyoga.com



Kind words from our 2018 retreaters



"Alice and Matt's retreat was simply divine. The pace of the day, the variety of yoga and fitness, as well as the wonderful food and scenery made me feel like I'd been away for weeks not days. It was called a 'feel good' retreat and it totally delivered in every way." **- Gillie**





"Overall, it has been quite a unique experience, nurturing and very positive and I'm thankful to both Alice and Matt for organising such a beautiful experience. I have incorporated some of the many lessons learned in my daily life and I will certainly join them next year!" - **Moises**

"As my first yoga retreat I really appreciated the care you took in curating every aspect of the experience and helped me participate in all of the sessions from the vinyasa flow - which I was very familiar with - to the HIIT training. The location was just perfect and I really enjoyed the quiet time for personal reflections and meditation." **- Sam**