**Sample Itinerary (1st to 7th September 2023)**

**Day 1**

4pm onwards: Arrivals

7:30pm: Evening meal

9-9:40pm: Yoga Nidra for Sleep(optional)

**Day 2**

8-9:30 am: (Gentle) Vinyasa Flow Yoga Class

10:00 am: Buffet breakfast

11-12:30pm: Guided walk around the local area

1pm: Lunch

2-5pm: Free time/pool/relaxation

5:30-7:00pm: Yin Yoga Class

7:30pm: Evening meal

**Day 3**

8-9:30 am: (Gentle) Vinyasa Flow Yoga Class

10:00 am: Buffet breakfast

11:00-1pm: Free time for relaxation in pool and gardens

Take a walk or a cycle. E-bikes available on request.

1pm: Lunch

2pm: Visit of a local chateau and wine tasting experience

7:30pm: Evening meal

9-9:40pm: Yoga Nidra for sleep

**Day 4**

8-9:30 am: (Gentle) Vinyasa Flow Yoga Class

10:00 am: Buffet breakfast

11-12:30pm: Guided nature walk

1pm: Lunch

2pm: Free time or possibility of Reiki therapy session.

5:30-7pm: Yin Yoga Class

7:30pm: Evening meal

**Day 5**

8-9:30 am: (Gentle) Vinyasa Flow Yoga Class

10:00 am: Buffet breakfast

11:00 am: Trip to Saint Emilion with picnic lunch <https://www.bordeaux-tourism.co.uk/must-sees-around-bordeaux/saint-emilions-village-world-heritage-site>

7:30pm: Evening meal back at the retreat centre.

**Day 6**

8-9:30 am: (Gentle) Vinyasa Flow Yoga Class

10:00 am: Buffet breakfast

11:00 am: Free time

1pm: Lunch

2pm: Trip to Blaye <https://www.gironde-tourisme.fr/en/discover-the-gironde/Cultural-Heritage/the-icons-in-Gironde/blaye-citadel-unesco/>

7:30pm: Evening meal back at the retreat centre

9:00pm: Yoga Nidra for sleep

**Day 7**

8-9:30 am: (Gentle) Vinyasa Flow Yoga Class

10:00 am: Buffet breakfast

11:30 am: Departures/transfers to Bordeaux airport.

All the activities are of course optional and you’re welcome to just relax and do your own thing at the centre.