



YOGA RETREAT
TRANSFORMATION
& SACRED FEMININE

île de ré

LOVE & FREE YOURSELF

FROM JULY 1 TO JULY 4, 2021

LOCATION

LA COUARDE-SUR-MER, ÎLE DE RÉ, FRANCE

TIME OF THE RETREAT

4 DAYS / 3 NIGHTS

PRACTICES

VINYASA YOGA, EMBODIED YIN YOGA ET INTUITIVE MOVEMENT,
PRANAYAMA, GUIDED MEDITATIONS ET WOMEN'S CIRCLES

LEVELS

ALL: FROM BEGINNERS TO ADVANCED

THEME

CONNECT TO YOUR SACRED FEMININE, FREE YOURSELF FROM OLD
FEARS & PATTERNS, EMBODY YOUR TRUTH

CUISINE

VEGETERIAN & VEGAN

REQUIRED

YOGA MAT

the journey

Embark on a transformational journey filled with positive vibrations that will allow you to free yourself from your everyday life, get yourself a moment of self-care, and above all, freedom.

A feminine retreat to reconnect with your truth, to release fears or buried traumas in order to shine brighter. Whatever your age, this immersion invites you to understand yourself and love yourself unconditionally.

This excursion is led by Luna, a Yoga teacher and women's circles facilitator based in Amsterdam, who almost grew up on this island spending her vacations there since she was a child.

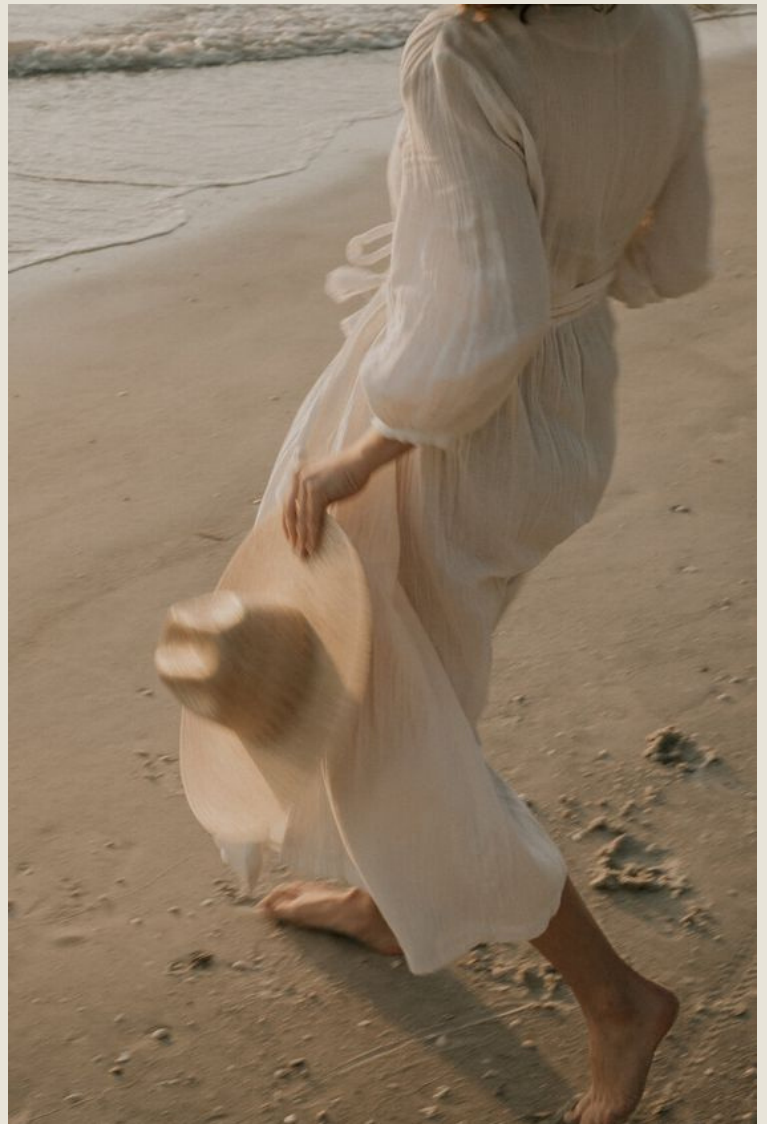
Luna will guide you to discover the archetypes of a woman, the elements and inner seasons, but also emotions, authenticity and the art of letting go. Through flows (Vinyasa Yoga), intuitive movements, chanting, breathing and guided meditations, you will discover your body by combining wisdom and truth. In a few words: learn to embody your true self in order to explore a deeper connection.

The day begins silently with a guided meditation, a writing workshop and a breathing exercise (Pranayama) on the beach or on the sunny terrace of the house. Next comes a Vinyasa Yoga class to brighten up the day and create space in the body before heading to a healthy brunch.

Workshops, activities and treatments will liven up the day.

The afternoon ends with an intuitive Yoga flow or dance mixed with relaxing restorative postures.

In the early or late evening, Luna will facilitate a circle or ceremony in which a certain magic happens between sharing and reading Oracle cards.



the house

This is trip that allows you to have the wild side thanks to the magical forests of the island and the softness of the Atlantic Ocean. In this house, you will find the charm of the typical Ile de Ré and the sweetness of cocooning a few meters from the beach.

Several accommodation options are available in twin rooms (two single beds) and private rooms (one double bed).



The food

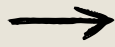
Meals are served on the terrace and a French "apéritif" dinner may be served on the beach facing the ocean.



The food is vegetarian & vegan. There will be options for everyone.

Please do let us know if you have any allergies.

THE PROGRAM



THURSDAY 02

introduction

5.PM. WELCOME & PRESENTATION CIRCLE

7.PM. YOGA CLASS : SLOW FLOW TO LAND SOFTLY AND CONNECT TO THE EARTH + SOFTEN INTO THE HIPS

8.PM. DINER CEREMONY - MEETING, GUIDED MEDITATION, CHANTING - SACRED RITUAL

FRIDAY 03

explore all of your senses

8.AM. MEDITATION, PRANAYAMA & YOGA FLOW ON THE BEACH TO CONNECT TO THE ELEMENT OF WATER (FLEXIBILITY & MOBILITY OF THE HIPS SPACE)

10.AM. FRESH OR WARM DRINKS + GRATITUDE RITUAL & JOURNALING ATELIER

11.AM. VEGGIE / VEGAN BRUNCH

1.PM-5.PM. FREE TIME: READING, BEACH, CYCLING, GELATO, ISLAND TOUR

6.PM. WORKSHOP: WOMEN ARCHETYPES, SEXUALITY, COMPREHENSION OF MASCULINE & FEMININE ENERGIES, CREATIVITY & PASSION

7.PM. YOGA FLOW, INTUITIVE DANCE

8.PM. VEGGIE & VEGAN DINER

9.PM. HEALING WOMEN'S CIRCLE & MAGIC RITUAL (ORACLE CARD READING)

SATURDAY 03
self-love and self-trust

8AM. MÉDITATIVE WALK IN THE FOREST

9AM. YOGA FLOW ON THE TERRACE OR BEACH: HEART & SHOULERS OPENERS (BACKBENDS & ANAHATA CHAKRA) + INITIATION TO INVERSIONS TO TRUST YOURSELF AND FIND JOY IN LIFE

10AM. MORNING DRINKS + GRATITUDE RITUAL & JOURNALING ATELIER

11AM. VEGGIE & VEGAN BRUNCH

1.PM-5.PM. FREE TIME: READING, BEACH, CYCLING, GELATO, ISLAND TOUR

6PM. WORKSHOP: EMOTIONAL DETOX

7PM. INTUITIVE FLOW AND LIBERATING DANCE

8PM. DINER OR FRENCH APERITIF ON THE BEACH (VEGAN & VEGGIE)

9PM. HEALING CIRCLE, MAGIC RITUAL & DEEP RELAXATION

SUNDAY 04
gratitude

7.30AM. MÉDITATION, SLOW YOGA FLOW ON THE BEACH OR TERRACE TO CULTIVATE GRATITUDE AND EMBODY LOVE

8.30AM. CLOSING CEREMONY WITH A YUMMY BREAKFAST

10AM. DEPARTURE OF PARTICIPANTS*

**YOU HAVE THE OPTION TO LEAVE YOUR LUGGAGES IN A FREE SAFE SPACE NEAR THE HOUSE IF YOU PLAN ON STAYING LONGER THAT DAY.*

the facilitator



My name is Luna, I am based in Amsterdam (The Netherlands), I teach Vinyasa Yoga as well as Embodied Yin Yoga, and I facilitate women's circles around the lunar cycle. My way of practicing is very intuitive, I let myself be guided by the emotions and the breath, which quickly becomes a sensory dance. This is exactly what I like to share in my teaching: this deep connection between the intelligence of the body and the wisdom of the spirit, a rediscovery of authenticity. I like to embody what is coming: the emotion, the element, the present.

Years of healing have allowed me to find inner balance, to understand my cycles and my sacred feminine. It is this magic that I wish to share during this retreat so that you can transform yourself.

Yoga classes are structured in a way that allows you to create space in the body and find freedom and physical as well as emotional fluidity. These are not "just" Yoga classes ... we apply certain aspects of yogic philosophy while finding the essence of the Self.

My background as a dancer allows me to share the grace and ease of movement, while my life's course allows me to offer the joy and the tools to let go. It's ultimately a matter of balance ... and finding yourself.

My mantra: Embody love! Embody love!

the prices

FORMULE SOLO

Twin room (shared) - single bed: 450€

FORMULE À DEUX

Double private room - double bed: 790€
(price for 2 people so 395€ per person)

This option is nice if you'd like to bring a friend along, your mother or sister.

The house has four bedrooms and two bathrooms.



PAYMENT OPTIONS

You can choose to pay the full amount in 2 or 3 times (fees are included).

You can choose a pricing plan when booking on the website.

INCLUDED IN THE PRICE:

- practices, workshops, ceremonies
- brunches, dinners and breakfast
- the accommodation
- gift bag filled with surprises

NOT INCLUDED IN THE PRICE:

- transport or transfer to arrive to the location
- bike rental (approx. 28€ for 3/4 days)
- Covid test (PCR) to do before arrival

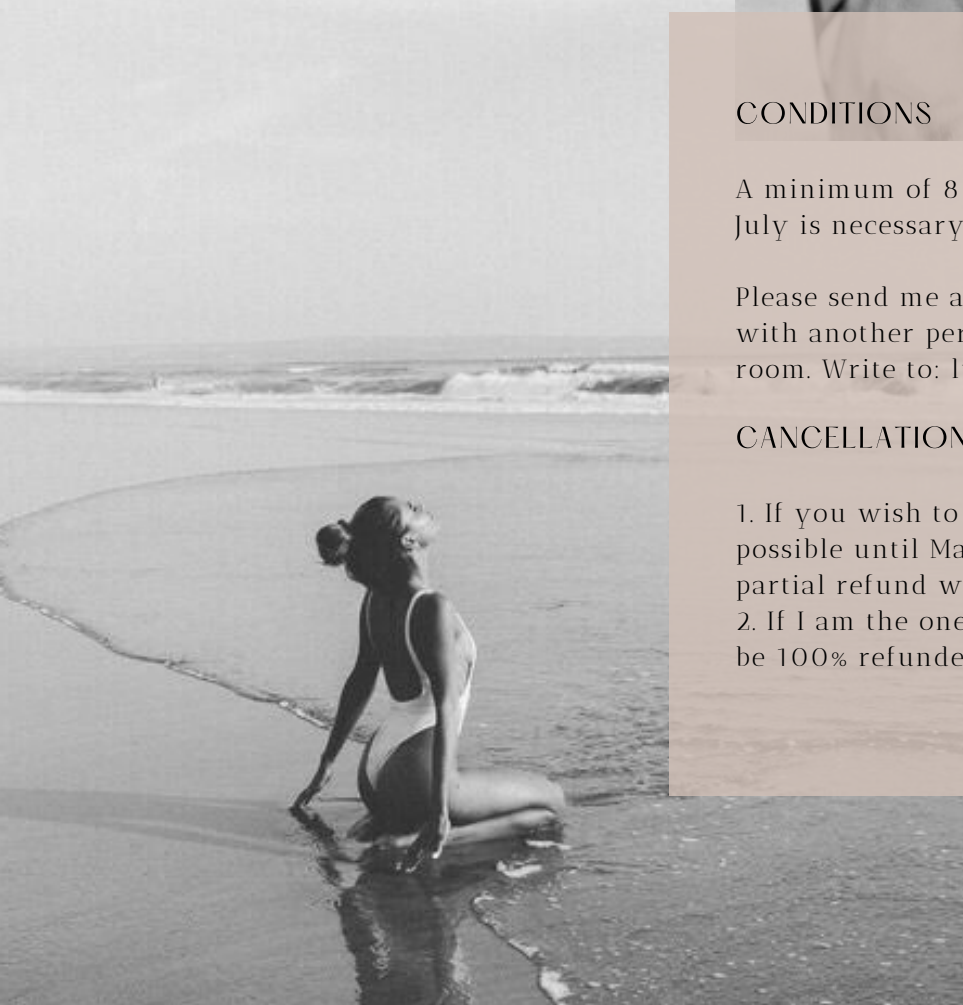
CONDITIONS

A minimum of 8 participants before the 1st of July is necessary in order to confirm the retreat.

Please send me an email if you'd like to book with another person so I can put you in the same room. Write to: lunajsf.studio@gmail.com

CANCELLATIONS & REFUNDS

1. If you wish to cancel, a complete refund is possible until May 30, 2021. After this date, only a partial refund will be possible (50%).
2. If I am the one canceling the retreat, you will be 100% refunded.



getting there



TRAIN

Station: La Rochelle

La Rochelle station offers daily connections with Nantes, Bordeaux and Paris-Montparnasse on board of the TGV Atlantique.

You will then take a bus from the station which drops you directly on Ile de Ré (€ 2 per ticket). The final stop will be communicated to you after booking.

FLIGHT

La Rochelle - Ile de Ré Airport

The lines served vary according to the seasons so check the flights carefully.

www.larochelle.aeroport.fr

LINES AND COMPANIES:

- Chailair: Ajaccio, Lyon
- EasyJet: Nice, London-Gatwick, Geneva
- Ryanair: London-Stansted, Brussels-Charleroi, Dublin, Porto
- Jet2: Manchester

CAR

From Paris: 4h30

From Bordeaux: 2 hours

From Nantes: 1 hour 45 minutes

You will have to cross Ile de Ré 's bridge. The passage of the bridge has to be paid. The price depends on the class of the vehicle. For a classic car, the price is 16 € in summer (for a return trip).

MORE QUESTIONS?

EMAIL ME AT
LUNAJSF.STUDIO@GMAIL.COM

THE SPOTS SELL FAST. IF YOU'D LIKE TO SECURE
YOURS, PLEASE BOOK HERE:

[THEMOONSPACE.COM/RETRAITELEDERE](https://themoonspace.com/retraiteledere)