

Happiness & Wellness Yoga at Château Ladausse
with Yoga Instructor Dhana Stevens

Daily Itinerary

Please note the itinerary is subject to change based on weather conditions & the individual & group needs.

• **Thursday- Sept 17th, 2020**

- Independent arrivals of guests into Paris. Guests to book their own accommodations
- for 1 night. Cost of hotel stay and dinner are not included in price.

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• **Friday – Sept 18th, 2020**

- Guests take TGV from Paris Montparnasse to Agen. Dhana will meet the group at the Montparnasse before boarding the train.
- Guests are picked up at Agen train station & transported to Chateau Ladausse.
- Light lunch provided upon arrival at the Chateau
- Yoga before dinner
- Dinner prepared by Chef Diane Anthonissen at Ladausse

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• **Saturday-September 19th, 2020**

- Morning yoga
- Breakfast
- Visit to Villeréal on market day (open air market). Guests are on their own for lunch at the market (not included in the program price).
- Free time*
- Yoga with guided meditation
- Light dinner at Ladausse

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• **Sunday – Sept 20th, 2020**

- Morning yoga
- Breakfast
- Hiking, Sun bathing, relaxing in rooms or bikes can be rented at a supplement
- Lunch at Ladausse.
- Free time* in afternoon
- Evening yoga
- Dinner at Ladausse

• **Monday – Sept 21st, 2020**

- Morning yoga
- Light breakfast
- Cooking lesson & lunch (heavier lunch, ending around 3:30/4pm)
- Free time* until dinner
- Yoga & guided meditation
- Light dinner at Ladausse.

- **Tuesday - September 22nd, 2020**

- Morning Yoga
- Breakfast
- Visit of Monflanquin, Monpazier & Chateau Biron. Return to Ladausse around 4pm. Guests are on their own for lunch. Food can be purchased at one of the villages. Eric will give a guided tour of Chateau Biron.
- Free Time*
- Yoga
- Final dinner at Ladausse

- **Wednesday - September 23, 2020**

- Breakfast
- Transfer from Chateau Ladausse to Agen train station.
- **Free Time*** Options include massages, reiki, Indian head massage & reflexology at a supplement. See attachment of descriptions & details. These options are not included in the price of this program. Guest can pay the providers directly or bill to their room at a 10% supplement. Another option includes relaxing at the pool, if weather permits.