

CARNET D'UN VOYAGE INTÉRIEUR

Diary of an Inner Journey

Deep Dive Day Retreat

*A day of moving, breathing, creating & journeying within,
surrounded by the beauty of nature.*

Planning

09h15 - Arrivals

09h30 - Opening Ceremony, Intentions, Sharing Fruits & Tea

10h15 - Yoga, Inner Journey (2hr)

12h15 - Lunch, Relax, Talk & Nature Bathing

13h30 - Creative Art Session (Carnet d'un Voyage Interieur)

15h30 - Gentle Yoga, Breathwork, Nada Yoga Nidra

17h00- Closing Ceremony

17h30 - Departures

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What's Included?

- An entire uninterrupted day to yourself in Nature.
- “Digital Detox” Option.
- Tea & Light Breakfast (Fruits, Bliss Balls)
- Morning Inner Journey Yoga Class (2 hours)
- Afternoon Gentle Yoga
- Breathwork Practice to calm the nervous system
- Sound (Nada) Yoga Nidra
- Wholesome Plant Based Lunch
- Art Workshop with Guest Teacher, Sophie (2 hours)
- Sketchpad (carnet) & Art Materials
- A backdrop of yogic philosophy & theory
- Rejuvenation and Restoration

Location: Villefranque

Investment: €120

[**Reserve a place**](#)

Contact & Bookings

Jennifer | 07 67 02 62 95 | Jenyogaonline@gmail.com