

WELLNESS & YOGA *Retreat*

With Katie Hailey



HAVEN ON THE HILL
BERGERAC, FRANCE

WEDNESDAY 19TH JULY TO WEDNESDAY 26TH JULY



WELCOME

Escape to a serene wellness and yoga retreat at the beautiful Haven on the Hill, near Bergerac, France.

DATES: Wednesday 19th July to Wednesday 26th July

Recharge with daily gentle yoga, yin yoga and group meditations set in stunning outdoor and indoor spaces, and indulge in local excursions to nearby market towns, vineyards, and other local points of interest.





The retreat includes all travel and food, with nourishing home-cooked meals featuring vegetables from the garden and free-range eggs from Haven on the Hill!

On 2 evenings we will also go out for dinner as a group.

You will have ample time to rest in the lush garden, lounge by the pool, explore Mystic Wood, or try your hand at archery!

You can even pamper yourself with a relaxing massage in Wendy's therapy room!





ACCOMMODATION

Haven on the Hill offers 6 ensuite rooms for guests, accommodating up to 13 guests plus one teacher (twin rooms are available for shared or single occupancy).

Some rooms have an ensuite, and others a shared bathroom. All rooms except 'Lalandusse Room' are on the ground floor.





NOURISHING HOME-COOKED FOOD



RETREAT VENUE

Haven on the Hill is set on 5 acres of land with a traditional French stone house, gite, newly renovated stone barn, and Wendy's bright arts and crafts room.

The studio has oak flooring, restored beams, vintage chandeliers, and a mezzanine ideal for meditation and sound baths.

Guests are welcome to relax in the garden, lounge by the pool, or walk through Mystic Wood, where there is a natural spring pond with a well.

The pool is fenced and gated with sun loungers, seating under an awning, and inflatables for guests to use. Pool towels are provided.



WHAT'S INCLUDED

Included in the price:

- All food (except 2 evening meals out)
- Accomodation
- Daily Yoga, Yin Yoga and Group Meditations with Katie
- Group excursions to local towns/markets
- A creative workshop with Wendy in her arts and crafts room
- WIFI
- Bikes to cycle around the village
- Table tennis (in the barn)
- Archery
- All airport and excursion transportation in France

Not included in the price:

- Flights
- Transportation to and from Bournemouth airport
- Optional excursions:
 - Kayaking
 - Private therapy room treatment with Wendy (relaxing massage, ear candling)
 - 2 evening meals out
 - Wine





PRICE

The price of the retreat inclusive of food, accommodation, daily yoga and transportation in France is £950 pp.

Please see the "What's Included" page for more details.



ACCOMMODATION

The retreat venue, Haven on the Hill, offers six charming rooms for guests, accommodating up to 13 guests plus teacher, with a mix of single and twin rooms for shared or single occupancy.

The main house:

- Sarlat Room is a twin ensuite with stunning sunrise views across the lawn and meadow.

The Gite:

- Bordeaux Room is a triple room with a large private bathroom, offering tranquil views of the secluded courtyard terrace.
- Bergerac Room is a twin ensuite with lovely views overlooking the courtyard.

Studio rooms with private entrances:

- The Workshop Room is a secluded twin ensuite room situated at the front of the barn, offering beautiful views from the door overlooking the Haven garden, with windows facing the apex of the barn.
- Lalandusse Room is a twin ensuite, which backs onto the gite, boasting stunning sunrise views across the meadow (not on the ground floor)
- Garonne Room is a twin room with a large ensuite accessible via wooden open-plan steps, overlooking the apex of the barn and offering breathtaking views of neighbouring fields.

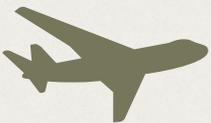
All rooms come equipped with guest and pool towels, hairdryer, WIFI, insect screens, and shutters, providing everything you need for a comfortable and peaceful stay.

NEXT STEPS

To reserve your spot, kindly email Katie (katie@katiehailey.com) indicating your interest. You will also need to fill out a form ahead of time that includes details about your next of kin, medical requirements, emergency contacts, allergies, and more.

A deposit of £150 pp is required to secure your booking, and the outstanding balance is to be paid seven weeks prior to the start of the retreat (1st June).

Katie will be available to help suggest flights and airport transportation to and from Bournemouth airport.



OUTBOUND: WED, 19 JUL 2023, RYANAIR, 12:25, BOH, 1H 30, DIRECT, 14:55, EGC
RETURN: WED, 26 JUL 2023, RYANAIR, 15:20, EGC, 1H 20, DIRECT, 15:40, BOH



RESERVING YOUR PLACE

As places are limited, we ask that you get in touch soon to reserve your place and room.

Katie will be able to help with suggesting flights and transportation to and from Bournemouth airport.

Join us for a rejuvenating retreat where the peacefulness of the surroundings will ease away the anxiety and stress of everyday living.



WWW.HAVENONTHEHILL.ORG

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