

Normandy Yoga Retreat with Siew Yue

Friday, 24th - 26th of May 2024

Experience the charm and natural beauty of Normandy, where the old heritage from 1774 meets the eco-built farm, 9 kilometers away from Honfleur.



Take a pause.

Spend a weekend in nature, breathe the fresh air and enjoy coastal path walks ...

Come with your spouse or your best friend for a memorable weekend together.

This gorgeous location is a total breath of fresh air and total immersion with nature. Pull on your hiking shoes for a walk in the woods, read a book in the hammock for a chill afternoon or go for a scenic stroll in the charming town of Honfleur.



Contact - Siew Yue
07 67 37 16 91

yogasiewyue@gmail.com
www.siewyueyoga.com

Your yoga practice



There will be two practices daily :

- energizing Vinyasa in the morning and relaxing Yin in the evening.

From my experience, Yin yoga is everyone's favorite practice during a retreat. There will be dreamy and amazing adjustments for you to replenish your energy and feel so good after.

Classes will take place either in the cozy indoor 70 sq meter yoga shala, the wooden outdoor deck overlooking nature or in the garden surrounded by luscious greens.

All yoga equipment is provided but you are most welcome to bring your own mat.



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The food



Because eating well is just as important as taking care of yourself !

Two amazing chefs Celine and Yann will be cooking locally sourced organic vegetables, dairy products and fruits. You will be nourished with hearty farm-grown meals to fill your bellies.

My husband, Yvan, whom you all know =), will prepare a fresh seafood platter for those who like to indulge in some iodine-filled dinner on Saturday. An honesty bar will be available.



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It's your retreat...



You can do whatever that feels right for you.

Take a nap, read a book, go exploring...

Hang out alone or with the group.

During the day, you will have lots of free time to explore the domaine, the orchard and hang out with the resident horses, Tupamaro and Confident. Or indulge in a massage, enjoy the sauna and take a dip in the hot tub. You can also drive in town to explore the colorful coastal architecture, visit local shops, pretty cafes and ice cream parlors.



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Schedule

Friday 24th of May

16h Arrival and check-in.

A healthy snack and tea will be ready for those who are hungry after the trip.

18h - 19h30 Yin yoga + Opening circle

20h Dinner

Saturday 25th of May

From 7h30 Coffee, tea, fruits

8h30 - 10h00 Vinyasa practice

10h30 Brunch

Free time to treat yourself.

You can stay to take a nap, get a massage, enjoy the sauna, go for a hike in the woods, drive in town for a coastal walk...

The hot tub will be ready at a specific time for those who would like to take a dip.

18h - 19h30 Yin yoga

20h Dinner

Sunday 26th of May

From 7h30 Coffee, tea, fruits

8h30 - 10h30 Vinyasa + Yin practice + Closing circle

10h45 Brunch

14h - 15h Check out

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Your rooms & Prices



Twin single beds in a shared room with ensuite bathroom

620 euros per person

Triple single beds in a shared room + mezzanine with ensuite bathroom

590 euros per person



Sleep under the stars (almost)

540 euros per person

Twin single beds in a deluxe safari tent.

Each ecolodge tent is equipped with a water tank and dry toilet.

Shared bathroom is located 50m away in the spa.

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What is included in the price ?

Your accommodation.

Meals for the whole duration of the retreat

- Tea, coffee, fruits snacks before morning yoga
- Brunch
- Snack at 16h
- Dinner

All yoga classes with Siew Yue.

Does not include :

- Transportation back and forth to the retreat center
- Additional activities
- Wine

An honesty bar is available with a selection of wine.

Total consumed to be paid in cash to Siew Yue at the end of the retreat.

Payment

Downpayment of 260 euros (non-refundable).

Remaining balance to be paid in full 1st of January 2024.

Payment in cash, check or bank transfer.

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