

# EMBODIMENT & FUN IN FRANCE



Kamla Sufi and Tana Moon invite you to retreat in Montagne, a Unesco heritage site in Bordeaux.

## Sunday April 12th - Saturday 18th, 2020

We begin each morning in France with embodiment practices offered by Kamla Sufi: meditation, hatha yoga, conscious dance and other mindful practices.

Also included:

- \*Welcome reception
- \*2 private wine tastings

- \*6 Daily full breakfasts
- \*A Sophrologie relaxation class.
- \*2 traditional French dinners
- \*A private bus for us to Bordeaux with walking tour.
- \*7 Shared rooms
- \*Learn a little French!
- \*Laugh & explore
- \*Reconnect with your Self and make new friends!

Price if paid by 12/14/19

\$890USD/person

Price if paid by 1/24/20

\$1010USD/person

No refunds after 2/14/20

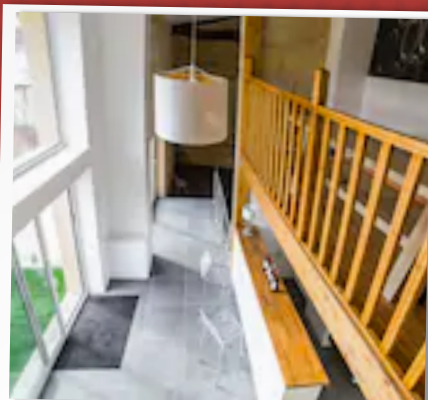
Register with:

[tana@cavedelalune.com](mailto:tana@cavedelalune.com)

*Not all meals, no airfare and no transfers from airports to the retreat home are included.*



ALL BEDROOMS WILL ACCOMMODATE TWO PEOPLE (1QUEEN OR 2 SINGLES) WITH PRIVATE SHOWER.



NOUVEAU CHIC GATHERING AREAS FOR REST AND FUN!



NATURE, VINEYARDS, WALKS, FRENCH CULTURE, WINE & FRIENDS .