



Yoga and Meditation Retreat in The French Alps

Friday 31 May to Friday 7 June 2019 with Caroline Lang

These retreats in the heart of the French Alps are incredibly special. Well worth the journey to arrive in this stunning and faraway place. People absolutely love their time here.

La Terriade is part of the tiny, ancient village of Grimone, nestled within a landscape of mountains, forests, rivers and gorges. A magical and inspiring place, it is home to a small community who welcome groups for holidays and retreats. It is a very precious and natural place to spend a week.

This yearly retreat creates a true pause from ‘daily routines’, an opportunity to dive into practice, to re-kindle depth, spaciousness and ease. Beyond our shared sessions there is plenty of unscheduled time to relax, walk in the mountains alone or with others, enjoy the sauna. There will be some led, silent walks.

Come prepared to switch off devices and rest back into simplicity. You would be sharing the retreat space with between 10 and 14 others, a group size conducive to a sense of caring, respectful community.



The retreat starts with supper on Friday 31st May and finishes after breakfast on Friday 7 June. Daily rhythm is

7.30am guided meditation (lying down or sitting)

8.30am breakfast

10.00am yoga/deep rest

1.00am lunch

4.30pm silent walk or optional life-drawing sessions on alternate days

7.00pm supper

8.30pm meditation

The house is in a nurturing silence from evening meditation until the following lunchtime. This creates a wonderful balance for the retreat.

Meals are vegetarian, wholesome and absolutely delicious, cooked by the community using mainly organic and some home-grown ingredients. They can cater for vegan/dairy free and gluten-free diets.

Accommodation is mainly in simple shared rooms with ensuite bathrooms. Some single rooms are available. The group room is spacious with a very fine view.

Travel should be booked well in advance for cheaper fares. Nearest airports are Lyon and Geneva, from either it is one or two hours by train to Grenoble and then another one/one and half hours to Lus la Croix Haute. The last part of the journey is absolutely stunning, right through the heart of the mountains. If several people arrive at Grenoble at about the same time we will arrange a shared taxi, otherwise there is a local train or a bus. Then how wonderful to arrive in this astonishing and remote place!



Cost is as reasonable as we can manage. A deposit of £180 (or £165 if paid before 31st December 2018) will confirm your place and covers my teaching, costs and organisation.

The balance, which covers all costs at La Terriade ... food, accommodation, use of group room, sauna, etc should, if possible, be paid in euros cash upon arrival or by international transfer to La Terriade account.

435 euros for a shared room, 575 euros for a single room

From those who have been before

'Imagine a place that can reach inside your heart, unravel you completely and put you back together again. La Terriade' **Steph**

'I have told friends that I would not be exaggerating if I said it was life-changing. Incredibly nourishing and profound, it moved me in many different ways. It is a gift to be in that beautiful landscape, with lovely people, eating great food and practicing yoga with Caroline. An absolute gift.' **Tyr**

"Caroline curated a beautiful combination of yoga, meditation, walks in the fresh mountain air, nourishing food and lots of space for resting. A perfect retreat.' **Clio**



To book a place email carolinelangyoga@yahoo.com