

spring detox

Nouveau Départ by Natasha Andrews

FROM 14 TO 17 MARCH 2024

In collaboration with On The Wild Side and



THURSDAY

2 pm to 5 pm - Welcome, check-in and free time
5.00 pm - Opening of the retreat
6.00 pm - Pranayama session
7.30 pm - Detox Provençal dinner at La Cuisine d'Amélie co-created with Chef Guillaume Goupil
Overnight at Domaine de Fontenille

SATURDAY

8.30 am - Sunrise yoga Kriyas and Pranayama in the gardens
11.30 am - Visit to the estate's vineyards
1:00 pm - Energising brunch picnic and Spring Nutrition Masterclass
2.30 pm - Hiking in the Luberon hills
4.00 pm - Draining goûter and free time
5.30 pm - Pranayama and meditation
6.30 pm - Closing and departure of the participants of the 2-night retreat
7.00 pm - Fontenille organic wine tasting
7.45 pm - Light dinner created by Chef Guillaume Goupil and start of fasting
Overnight at Domaine de Fontenille

FRIDAY

8.30 am - Sunrise yoga, Kriyas and Pranayama
10.15 am - Departure for Bastide du Mourre
11.00 am - Vegetable cooking workshop and brunch in the Bastide kitchen
from 14h to 17h30 - Relaxation at the Spa On The Wild Side, sauna, Nordic bath, swimming pool and a 50-minute relaxing massage (face or body) followed by Masterclass in detox rituals with Natash Andrews
5.30 pm - Sound bath workshop
6.45 pm - Return to Fontenille
8.30 pm - Dinner in Fontenille and start of fasting
Overnight at Domaine de Fontenille

SUNDAY

8.30 am - Sunrise yoga, Kriyas and Pranayama
11.00 am - Self-massage beauty masterclass with The Académie des Facialistes
1.00 pm - Energising and detox brunch created by Chef Guillaume Goupil
3.00 pm - End of the retreat
Free time before departure

PRICE CONDITIONS

- **2-night/3-day retreat from 14 to 16 March: 1.475€ per person, non-cancellable, non-refundable. Payment 50% on booking, 50% on arrival.**

This offer includes all activities from Thursday to Saturday inclusive (with the exception of the wine tasting and dinner on Saturday evening) at Domaine Bastide du Mourre, two nights' accommodation at Domaine de Fontenille, catering (excluding alcoholic or soft drinks) and a transfer between Lauris and Oppède.

- **3-night/4-day retreat from 14 to 17 March: €1,940 per person, non-cancellable, non-refundable. Payment 50% on booking, 50% on arrival.** This offer includes all activities from Thursday to Sunday inclusive at the Domaine de Fontenille and the Bastide du Mourre, the three nights at Domaine de Fontenille, catering (excluding alcoholic or soft drinks) and transfers between Lauris and Oppède.

- **Optional:** Transfer from Aix-En-Provence or Avignon station (prices on request).

Bookings by email to reservations@domainedefontenille.com

HOW TO GET THERE

- 45min by car from Marseille Provence airport
- 45min by car from Avignon TGV station
- 35min by car from Aix-en-Provence TGV station
- 50 minutes from Marseille
- 30 minutes from Aix-en-Provence
- 1h10 from Montpellier, 1h30 from Cannes