



Art de Vivre

Mindfulness week
20th – 27th June 2020



Art de Vivre *through relaxation and mindfulness*

Life today is more complex and can lead to high stress levels. It is easy to lose touch with our true selves. However, we can rediscover how to offset stress and relax more, to become more balanced and find back our personal skills and passion.

We provide a warm and welcoming environment with dedicated experts to help you manage stress levels and reassess your life goals. We will guide and teach you how to reconnect with your inner self, to become aware of what empowers you, what you truly love to do and find inner contentment.

If you are interested in experiencing positive change in your life, then this week is definitely something for you.

A broad range of complimentary therapies allows you to create your own tailored programme. This programme includes Yoga, Meditation and Breathing Techniques (Andy Trevillion), Indian Head Massage, Back Massage and Reiki (Astrid Freeman), Foot Reflexology (Yvette van den Broek) and Life Strategy & Coaching (Ellen Nijssen and Theo Drummen). For more information on the coaches:

<http://www.levenslot.com/index.php/en/ref-erenties-en-links/links>

Dates

Art de Vivre takes place from
20th - 27th June 2020.

Location

Art de Vivre will be held at the idyllic Domaine de Montsalvy, offering you a combination of tranquillity, a friendly, relaxed atmosphere and warm hospitality. The domain has many facilities to enjoy during your free time: a large swimming pool, tennis court, ping pong table, badminton field, jeu-de-boules terrain, several terraces, walnut groves and beautiful gardens.

Surroundings

Domaine de Montsalvy is situated in the Lot/Dordogne area of 'la Douce France': famous for its stunning, diverse landscapes, its gastronomy and wines. Many superb sites, such as Rocamadour, Sarlat and the Gouffres de Padirac are within easy reach.

Number of participants

Participation will be limited to 12 people. This will ensure your privacy and comfort in one of the 6 spacious gîtes, all with full kitchen facilities, bathroom and toilet.

Prices

Per person: €995. This includes all the coaching sessions, your accommodation, a welcome tapas meal, Sunday breakfast, 4 lunches at the Domaine and a farewell dinner. We can also cater for special dietary requirements. Should you need airport or train station pick up service, please let us know in advance and we will quote you the charges. Closest airports: Brive-la-Gaillarde, Bergerac and Toulouse.

Reservation

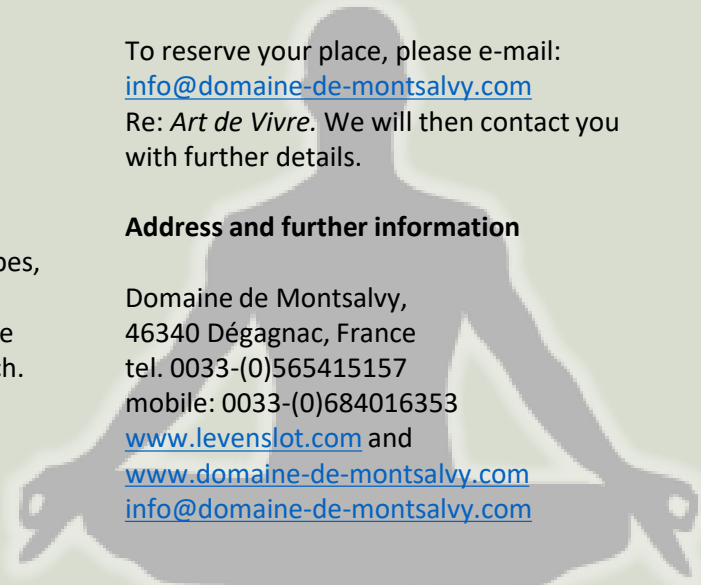
To reserve your place, please e-mail:

info@domaine-de-montsalvy.com

Re: *Art de Vivre*. We will then contact you with further details.

Address and further information

Domaine de Montsalvy,
46340 Dégagnac, France
tel. 0033-(0)565415157
mobile: 0033-(0)684016353
www.levenslot.com and
www.domaine-de-montsalvy.com
info@domaine-de-montsalvy.com





Our *Art de Vivre* week is unique in that you choose *your* programme. Each coach will provide an introduction to their field of work and skills. Following this you are able to make individual appointments with any one of the coaches to discuss your needs. This allows you to expand your experience, knowledge and life skills for a stronger, balanced and happier you. Your programme remains flexible and can be adjusted as you progress.

PROGRAMME

SATURDAY

19.30 Welcome Tapas
Time to relax from the journey and meet fellow participants. Enjoy a delicious tapas meal and watch the sun set

SUNDAY

9.00 – 10.00 Breakfast
Morning at leisure. A chance to visit the lively market of Cazals, do some grocery shopping or relax at the domain

15.00 – 18.00 Presentations and Q&A:
o Ellen *Programme overview*
o Andy *Yoga, Meditation, Breathing*
o Astrid *Massage, Reiki*
o Yvette *Foot Reflexology*
o Theo *Life Strategy & Coaching*



MONDAY

9.00 – 10.00 Yoga group session (optional)
10.30 – 13.00 Taster sessions I
13.15 – 14.00 Lunch
14.30 – 18.30 Taster sessions II, followed by signing up for your choice of workshop/treatment starting on Tuesday

TUESDAY

9.00 – 13.00 Yoga group session (optional) and start your chosen programme
13.15 – 14.00 Lunch
14.30 – 18.00 Your chosen programme
18.30 – 19.30 Feedback time

WEDNESDAY

9.00 – 13.00 Yoga group session (optional) and your chosen programme
13.15 – 14.00 Lunch
14.30 – 19.00 Your chosen programme



THURSDAY

9.00 – 14.00 Free morning
An opportunity to visit one of the most beautiful villages of France, Domme, high above the Dordogne river and its weekly market or relax at the domain
Own arrangements for lunch
14.30 – 19.00 Your chosen programme

FRIDAY

9.00 – 13.00 Yoga group session (optional) and your chosen programme
13.15 – 14.15 Lunch
15.00 – 16.00 Evaluation of the week and follow-up possibilities
19.00 Apéro and farewell dinner

SATURDAY

9.00 – 10.30 'Au revoir' and departure