

## Program Retreat Vélieux

- 7.30 - 8.30 am: Wake up exercises
  - Soft morning exercises to wake up body and mind based on different disciplines s.a. Yoga/Chi Gong/ DO-In
  - Short meditation
- 8.30 am - 9.30 am: Breakfast
- 10 am - 1 pm: Walking & visits
  - 16/04: Walk to medieval Cathar village of Minerve (3h) with lunch in local restaurant with local food
  - 17/04: Walk in nature surroundings and bathing in the river (3h)
  - 18/04: Visit of wine caves & Cathar castle of Peyrepertuse
    - 10 am - 1 pm: Visit and walk in wine yard of Chateau Trillol ([www.trillol.com](http://www.trillol.com)) in Cucugnan with lunch in the Chateau's garden
    - 2 pm - 4 pm: Visit of Cathar Castle ruine of Peyrepertuse
    - 5 pm: Tea time with cake
    - 7/8 pm: Back to Vélieux
  - 19/04: Free time in Vélieux, possibility for walks, talks, naps, reading books, massage, ...
  - 20/04: 11 pm: Closing of the retreat with visit and lunch in medieval town of Carcassonne
- 1.30 pm - 2.30 pm: Lunch
- 4 pm - 6 pm: Free time or creative activity workshops
  - 16/04: Tips and tricks to efficiently use the elements in your daily life
  - 17/04: Biodanza
  - 19/04: Intuitive painting
- 6.30 pm - 8 pm: Cooking class around an basic element and preparation of diner with fresh and organic ingredients from the region.
- 8 pm Diner
- 9 pm: Free time

