

Yoga Holiday in SW France 25th Aug – 1st Sept 2015

Situated near the town of Angouleme which is the main administrative centre of the Charente department in the region of Poitou-Charentes, South West France. Easy to reach via rail or air from the UK.

'Le Mas de Ville' is a large, grand house, with lots of space inside. The house has loads of character with plenty of exposed stone, oak floorboards and old beams. It is situated in a hamlet, only ten minutes walk from the town, where there is a large street market every Monday morning – who doesn't like a good French market!

There are far reaching views from the property across the town and up to the spectacular local chateau, which also houses a very good restaurant.

The pool is to the front of the property, surrounded by a low wall, where you also find a very large hot tub!

GUEST ROOMS

There are several spacious rooms including a library, sitting room, dining room and billiards room. Also there is a small but well equipped gym room!

YOGA ROOM (last photo)

This large room has exposed stone walls and a tiled floor. The room has good height and exposed wooden roof beams, and small but light windows. There is the possibility to practice outside too.

There will be two yoga classes a day...suitable for all abilities. The morning class will be more uplifting, whilst the evening class before dinner will be grounding and relaxing. We will also use mantra and yoga nidra throughout our stay. If you wish to practice or learn meditation, I will also be leading a daily class. This is a holiday but if more classes are required or you wish to discuss or practice something in particular I will be very happy to assist.

Yoga mats and blankets will be provided, but not straps or blocks.

THE BEDROOMS

All the 7 guest rooms are spacious and light, some with more character than others, but very nice all the same. There are four doubles and three twins. All the bed linen, beds and mattresses are of really good quality.

Room 1, off a spiral staircase, Double en suite shower room and, free standing roll top bath, perfect for a couple. £600 pp

Room 2, First Floor, Double with en suite, £580 pp (or as a single room at £780)

Room 3, First Floor, Double with en suite, £580 pp (or as a single room at £780)

Room 4, First Floor, Twin with en suite, £550 pp

Room 5, Second floor, Twin, with bathroom, £550 pp

Room 6, Second floor, twin, shared bathroom, £490 pp

Room 7, Double, shared bathroom, £490 pp

All food (except on the evening we eat out) is included, as is tea, infusions, juice and water which you can help yourself to 24hrs a day.

You are served chai tea and tiffin (a small biscuit or cake – sometimes chocolate!) around 4pm.

We will have breakfast, a two course lunch and a three course dinner.

There will be wine available at dinner time, at a very reasonable cost (of course!)

At the midpoint of your stay you will go out for dinner in the evening to the local chateau. On this day your rooms and bathrooms will be cleaned and any towels you want changing will be replaced. You will have to purchase this meal.

There is a local therapist who can come and provide holistic therapies during your free time.

If you wish to book please contact Phillipa info@oakwoodyoga.co.uk



