

**SERENITY YOGA RETREAT – ITINERARY (subject to change)**  
**DOMAIN DU PIGNOULET**  
**25<sup>th</sup> – 28<sup>th</sup> JUNE 2021**

**Day 1 – Friday 25<sup>th</sup> June 2021**

**Arrival – flight time tbc**

Settle into rooms  
Aperitif and Welcome  
Optional walk or just relax  
Dinner  
Yoga Nidra



**Day 2 – Saturday 26<sup>th</sup> June 2021**

8.00 – Tea/coffee/juice/energy balls  
8.30 – Yoga  
9.45 – Breakfast  
11.00 – Walk (optional)  
13.00 – Lunch  
14.00 – Relax, read, retreat to a quiet place, snooze, chat  
16.00 – Refreshments/cake  
17.30 – Restorative Yoga  
19.15 – Aperitif followed by dinner



**Day 3 – Sunday 27<sup>th</sup> June 2021**

8.00 – Tea/coffee/juice/power bars  
8.30 – Morning stretch and meditation  
9.30 – Breakfast  
10.30 – Visit to Sunday market or stay at Pignoulet and relax  
13.00 – Lunch at Pignoulet or eat out and have a wander  
14.00 – Relax at your leisure/walk  
16.00 – Refreshments  
17.30 – Yoga  
19.15 – Aperitif followed by dinner



**Day 4 – Monday 28<sup>th</sup> June 2021**

8.00 – Tea/coffee/juice/power up  
8.30 – Sunrise morning walk  
9.30 – Breakfast  
10.45 – Yoga  
12.00 – Coffee and time to relax  
13.00 – Lunch  
14.00 – Depart for Lourdes Airport (flight time tbc)