



THE VILLAGE YOGA STUDIO
health. happiness. healing.

presents...

*South of France:
Sanctuary of the Sacred Feminine Retreat*

AUGUST 7th - 14th, 2027 ~ ITINERARY

Day 1 – Saturday

Early Afternoon ~ Arrival

Late Afternoon ~ Le Monastere * Opening Ceremony

7:00pm - Dinner ~ Le Monastere

Evening ~ Free time

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Day 2 – Sunday

7:50am-8:00am ~ Morning Gathering

8:00am-8:45am ~ Breakfast

Morning/Lunch/Early Afternoon ~ Minerve

Late Afternoon ~ Dolmen de Fades (Pepieux)

7:00pm - Dinner ~ Le Grand Café (Limoux)

Evening ~ Free time

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Day 3 – Monday

7:50am-8:00am ~ Morning Gathering

8:00am-8:45am ~ Breakfast

Morning/Lunch ~ Mirepoix Market

Early Afternoon ~ Grotte de Niaux

Late Afternoon ~ Notre-Dame de Vals

7:00pm - Dinner ~ Patrice's Villa (Villelongue-d'Aude)

Evening ~ Free time

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Day 4 – Tuesday

7:50am-8:00am ~ Morning Gathering

8:00am-8:45am ~ Breakfast

Morning/Lunch ~ Gruissan

Afternoon ~ Gruissan Beach

7:00pm - Dinner ~ Place de la Republique (Limoux)

Evening ~ Limoux Night Market/Free time

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Day 5 – Wednesday

8:00am-8:45am ~ Breakfast

Morning ~ Basilique Notre-Dame-de Marceille (Limoux)

Lunch/Afternoon/Dinner/Evening ~ Free time

*optional trip to [Carcassonne](#) (additional)

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Day 6 – Thursday

7:50am-8:00am ~ Morning Gathering

8:00am-8:45am ~ Breakfast

Morning ~ Rennes-les-Bains

Lunch/Early Afternoon ~ Gorge de Galamus

Late Afternoon ~ Bugarach

6:00pm - Dinner ~ Les Saveurs Du Terroir (Bugarach)

Evening ~ Free time

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Day 7 – Friday

7:50am-8:00am ~ Morning Gathering

8:00am-8:45am ~ Breakfast

Morning ~ Chateau de Termes

Lunch/Early Afternoon ~ Alet-les-Bains

Late Afternoon ~ Le Monastere * Closing Ceremony

7:00pm - Dinner ~ Le Monastere

Evening ~ Free time

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Day 8 – Saturday

Morning ~ Breakfast and Departure