



Mindfulness at Le Moulin 27th September – 2nd October 2017

Join us for Mind, Body and Spirit alignment in the enchanting and magical surroundings of Le Moulin nestled in the beautiful Lot Valley.



“Le Moulin is a balm for the soul, and an oasis for the body, you can’t help but feel healed and restored by its nature and beauty” Primrose

The Team



Hannah Rose

I discovered yoga ten years ago while living and studying in California. Set adrift from all that was familiar to me, I was dealing with a residual back injury from my career as an Olympic Rhythmic gymnast and the loss of something that had defined my life up until that point. Crying out for something that would ground and nourish me, I found yoga. Yoga reminded me who I was and showed me the way back into myself so I could find a new direction forwards.

In 2011, I travelled to India to train as a teacher at the Sivananda School of Yoga, which teaches a meditative hatha yoga sequence. Since then, my personal practice has continued to develop as my own mindful teaching style draws on elements of different traditions such as the graceful elements of the Vinyasa flow sequence, the stamina-building elements of Kundalini breathing exercises and the mind-strengthening foundations of Yin Yoga.

I fully believe in the powerful, transformative powers of this practice and want more than anything to help you find the space to listen and reconnect with your intuitive, authentic voice.



Grace Berrow

I am a 29 year old chef who trained under Skye Gyngell at Spring restaurant as well as working at 26 Grains in Neils Yard. My love for cooking runs very deep and I truly believe that when we eat we are feeding our soul as we nourish our tummy.

For me the raw ingredients are the stars of the show and as a chef I try to combine them with other flavours that will enhance their natural vibrancy. Food should be as beautiful as it is nutritious and respected for the power it has over our mental and physical wellbeing.

Foods ability to heal us and transform the way we feel from day to day is fundamental to the way I cook. I always try to make food that leaves you feeling both satisfied and titillated by the different flavours and textures. I do not adhere to any particular school of cookery or diet but believe that a little bit of everything is good for you! The ingredients of the Mediterranean are close to my heart and when dreaming of food it is the ingredients that grow there that come to mind, combined of course with a large dose of Arabic spices, nuts and flavours of the east.



Primrose Matheson

Primrose is a Naturopath and homeopath as well as founder of health food brand Primrose's Kitchen. She is passionate about holistic living and empowering individuals to embrace self-awareness in all aspects of their daily life in order to bring a greater sense of balance and happiness. As well as focusing you inwards for self-reflection and meditations she will discuss gut health, foods for self-healing and the effect of our environments and management of toxicity.

She will also discuss the importance of nature skincare and teeth maintenance and you will have the opportunity to make your own chemical free versions.

The Retreat



Le Moulin is located in the Lot Valley, South West France. It is a secluded, private residence with charm and character and sits alongside the Cele River.

The retreat is limited to 6 singles or 10 (3couples) to ensure a bespoke and focused experience.

It runs from Wednesday evening to Monday morning as a 4-day recharge to reconnect you to your body.

We encompass twice daily yoga* practice, hikes, Naturopathic workshops and cookery demonstrations as well as allowing quality self-reflective time that can be spent taking advantage of any of the below past times Le Moulin has to offer.

We acknowledge the importance of listening to the needs of your body and encourage those that attend our retreat to take part in as much as they want to. It is important to create some space for ourselves in our busy lives to just be present.

The cost of the retreat is £1350 for a single room
£995 for double occupancy
£995 for shared room

All rooms have their own shower or bathroom



Flights

These are the options for flights:

Easyjet

London Gatwick Wed 7th June 1.55pm arrives 4.45 pm

Return Monday 12th June 2.35pm arrives 3.30pm

British airways

1.55pm arrives 4.45 pm

Return Monday 8th May 17.40 arrives 18.35

We will meet you at the airport and transfer you to the Moulin

This will be at approximately 5pm to arrive at Le Moulin at 7.15pm

Dinner will be served at 7.45pm

Example Plan of Day

7.30 woken with warming bitters

7.45 meditation and yoga by the river or in the barn

9.00 Breakfast on the terrace

11.00-12.30pm Naturopathic Workshop

12.30-1.30 FREE TIME

1.30 Lunch on the Terrace

2.45/3pm Cookery Lesson or hike

5.00-6.30pm Yoga and meditation

7.15pm Dinner

Other Activities

Throughout the retreat you will have free time to spend as you wish. There are a host of activities to choose from should you wish to do them.



Reading - we have a range of uplifting, wellbeing books

Painting or drawing - utensils provided

Tennis- a grass court with rackets available for use.

Swimming- you can swim in the heated pool or river that runs by the property

Walks - Situated in a nature reserve you can explore paths to take in the flora and fauna.

Zen Shiatsu Massage- If you would like to have a massage this can be arranged for an additional cost of £50 per hour and needs to be booked prior to your departure.



We are looking forward to inspiring you with mouthwatering foods, empowering you with our workshops and wisdom whilst strengthening you with mind body alignment exercises.

Please email prim@primroeskitchen.com if you have any questions about the retreat or would like to enquire about making a booking.

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*** Yoga routine**

MORNING HATHA FLOW CLASSES: Grounding, strengthening and healing. The first half of these classes focus on generating heat within the body through a slow and deep flow, before we settle down into longer held postures designed to open up your body and leave you in a state of calm self-awareness.

EVENING YIN YOGA: A powerful practice for self-growth, in a yin class, all postures are seated or lying down and are held for sustained periods of time. Physically, this works to target the connective tissues around our joints to heal deep-seated tension. Emotionally, yin yoga challenges us to sit with whatever emotions come up and not run away. Through long held poses, we start to notice the desires, fears, fluctuations and conditioning of the mind. From this place of growing awareness, we can begin the process of re-training our brains to a more mindful way of being -lessons that linger long after the mat.