

## Details

Blue Echoes offers a beautiful space for small groups to gather and deeply relax.

Mind and body sessions during each day nourish and support you. Prior yoga experience is not essential.



Delicious organic fresh vegetables, fruit, lunches and snacks are provided as are all fresh teas and coffee. Supper is an optional shared affair. Soup will be provided and you are invited to bring along a little extra if you wish.



Your accommodation is 5 minutes walk down a path amid the tiny hamlet of Navère, where fully equipped and renovated old stone homes are available and shared with double, triple and single rooms. Linen and towels are provided. There will be a welcome pack of breakfast goodies waiting for you.



Upon arrival, Thursday you are invited to a welcome supper at Blue Echoes.

Travel: Nearer the time we can put you in touch with each other.

Car hire is an option although not essential

Airport pickup can be arranged.

Trains run direct from Toulouse & Bordeaux to Agen where we will meet you.

In front of the airport terminals at both Toulouse and Bordeaux the shuttle bus leaves for the train station every 20-30 minutes. Tickets available on the bus at approx 8 euros.