

# About your retreat

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Boutique Yoga Retreat  
La Croix Valmer - France  
at Villa Mavi

12-15 May 2023

Your host

Jacqueline Koenig

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# Villa Mavi



Check-In : May 12 (10am-1pm)

Check-Out: May 15 (midday-afternoon)

## Where we are

Villa Mavi  
3 Impasse des Camélias  
La Croix Valmer, 83420  
France

## How to get there

The closest TGV train station is Toulon and the best airport is Nice, France.

Travel time to the retreat venue is approximately 90 mins. I can arrange a group transfer/taxi from either the station or the airport, if you need transport, please let me know as soon as you can and I will get back to you with the details and cost.



# At the Retreat



## Schedule

The Boutique Yoga Retreat is designed to replenish and rejuvenate your body, mind and heart, so you can return home with more presence and new energy.

At the same time, you'll learn simple ways to invite more mindfulness and presence into your everyday beyond the retreat.

- Yoga & Meditation
- Breakfast
- Mindful Nature Walks
- Lunch
- Time to relax
- Yoga & Meditation
- Dinner

## Highlights

- Daily yoga & meditation designed for you
- Mindful walks along a stunning coast and bushland close to La Croix Valmer
- Healing massage or Reiki session
- Sound meditation
- Picnic at the beach
- Relax at the Villa Mavi pool



# At the Retreat

## What we serve

We will have a private chef to prepare healthy, delicious raw & cooked vegan food.

Our food will be as important to your retreat experience as the yoga and the extraordinary setting. If a completely plant based menu is new to you, let me assure you it will be healthy, extra nutritious and leave you feeling as vibrant as the ingredients themselves.

Please let me know if you have any additional food requirements or intolerances with your booking.



## What to bring

- Yoga mat - You can bring your own mat or let me know if you require one
- Comfortable clothes to practice yoga and also for walking
- Hiking/walking shoes recommended for our mindful walks
- Swimsuit to enjoy the outdoor swimming pool or a dip in the ocean
- All rooms have ensuite or next door bathrooms and all linen is provided
- WiFi is available throughout the villa



# At the Retreat



## Rooms & Rates

- Private room with ensuite bathroom  
Single occupancy 1,450€ per person  
Double occupancy 1,150€ per person
- Private room with bathroom (shared between 2 rooms)  
Single occupancy 1,350€ per person  
Double occupancy 1,050€ per person
- Private suite with ensuite bathroom  
2 rooms in open-plan style - ideal for friends  
Single occupancy 1,750€ per person  
Double occupancy 1,250€ per person

A deposit of 450€ per person is required to reserve your place at the retreat.

I will send out a reminder with all the payment details for the remaining balance which will be due on the 15/4/23.

## What is included

- Private room with ensuite or shared bathroom including all linen  
3 nights/4 days
- Healthy, delicious vegan cuisine prepared by our private chef  
Breakfast - Lunch - Dinner
- Daily yoga & meditation sessions designed for all levels
- 1 hour body massage or Reiki

Please note that airfares & transportation is not included.



**I'm looking forward to see you at our Boutique Yoga Retreat.**

# The official stuff – Terms & Conditions

## Cancellation / Refund Policy

Please note before you make your booking, all deposits are 100% non-refundable.

To cancel or postpone your retreat, you must notify me in writing via email to: now@jacquelinekoenig.com)

Cancellations greater than >30 days prior to retreat start date, you may be able to get a refund or transfer the fees to another retreat, provided another participant can be found to take your place (by you or the retreat organiser).

Cancellations within <30 days prior to the retreat start date, 100% of your deposit will be retained and cannot be refunded or transferred.

If we are able to find someone to fill your spot, you may be able to transfer the remaining retreat fees to a future retreat. We cannot guarantee we can fill your spot. Any credit must be used on another retreat within 18 months.

If no notice is given in writing, there are No Refunds, No Transfers. You are liable for 100% Retreat Fees paid. Any fees paid and deposit will be retained and cannot be refunded.

Jacqueline Koenig cannot refund any foreign exchange, bank transfer or credit card fees.

Please pay close attention to international and local travel laws. No exceptions to the Cancellation policy can be made even for COVID or family illness related cancellations.

## Transferring to another Retreat or Participant

Jacqueline Koenig is under no obligation to find a replacement for you, nor can we guarantee another retreat will be made available for you to transfer to the future or within the next 18 months. Should you want to gift or transfer your Retreat fees to another person that you have sourced on your own to take your place, that is fine provided you notify the Retreat organiser and they meet the retreat requirements.

## Cancellation by the Organiser / Retreat Venue

Jacqueline Koenig and the Venue reserve the right to cancel any retreat or withdraw a participant at any time. In the event Jacqueline Koenig cancels a retreat under any circumstances seen or unforeseen, attempts will be made to recover the deposits to provide a refund or credit towards a future retreat.

Jacqueline Koenig will not be held liable for any costs participants may have incurred while planning for the retreat (e.g., costs relating to transportation, accommodation, airline tickets, credit card processing fees, work related loss etc).

## Injuries

Participants should always notify Jacqueline Koenig prior to or on arrival if you have any injuries, pregnancy, allergies, dietary restrictions, questions or concerns to enable us to prepare and try and provide the best experience possible.

## Insurance

We understand unexpected circumstances may occur (i.e., injuries, family emergencies, death, illness etc). Jacqueline Koenig will not be held responsible for any loss as a result of cancellations for any reason (seen or unforeseen) including circumstances outside our control including natural disasters, global pandemics, illness or acts of war. It is strongly recommended you insure yourself with personal, medical and/or travel insurance to protect from any extenuating circumstances which may prevent you from attending or affect your participation on the Retreat.