

MINDFULNESS WEEKEND

3RD – 6TH OCTOBER 2019



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Hosted at an exclusive country house in the Cognac region of France

A unique opportunity to retreat and restore both the body and mind, this Mindfulness Weekend, guided by a qualified mindfulness teacher, will introduce you to a range of practices to help you bring awareness to the present moment and cultivate attitudes of kindness and compassion towards yourself and your experiences. Situated in beautiful countryside, the programme will also include a taste of France and some of the very special things it has to offer....

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About the Programme

Over the course of weekend, you will be introduced to mindfulness and guided in various meditation practices by a fully qualified mindfulness teacher.

Practising core meditation practices such as the body scan, sitting meditation and mindful movement, you will develop skills which you can incorporate into your everyday life. Mindfulness teaches us to bring our awareness to the present moment, to what is happening ‘right here, right now’. This awareness is cultivated with an attitude of compassion towards ourselves and our experience.

Many misconceptions about mindfulness exist. It does not allow us to empty the mind of thoughts or achieve some higher state of ultimate peace and calm. Rather the practices experienced will help to develop a certain degree of concentration and steadiness in the mind which brings insight into what is going on in our experience in any given moment. Meditation helps us to see what is present and how we are relating to it.

As well as guiding the above meditations, the teacher will share some basic Buddhist teachings, which can provide food for thought. You will also have the opportunity to enjoy mindful walking and experience through the senses this beautiful part of France.

Mindfulness Weekend Programme			
Thursday	Friday	Saturday	Sunday
<p><u>Aer Lingus</u> Dublin – Bordeaux Arrives Bordeaux 4pm</p>	7.15 – 8.15am Being fully present	7.15 – 8.15am Waking up to the present moment	8.30 – 9.30am Loving kindness to ourselves
	8.30 - 9.30am Breakfast	8.30am – 9.30am Breakfast	
	10.00 – 12.00pm Letting go	10 – 11.30pm Slowing down	10.00 – 11.30am Brunch
	1 – 2pm Lunch	12.00 – 1pm Tapping into our own strength	
1 – 2pm Lunch	1 – 2pm Lunch	12.30 Departure for Bordeaux airport	
4.15pm Pick up from Bordeaux airport and transport to <u>Aulagnes</u>	2.30 – 4pm Connecting with nature – a guided forest walk	2.30 – 5.30pm Visit to the beautiful village of <u>Aubeterre sur Dronne</u>	<p><u>Aer Lingus</u> Bordeaux - Dublin <u>Departs</u> Bordeaux 4.35pm</p>
7 – 7.45pm Orientation	4.30 – 6pm Visit to Le Maine Giraud vineyard		
8pm 8.30pm	8pm Dinner		
<u>Aperos</u> Dinner	9.45-10.30pm ‘Sleep Well’ relaxation session – with candles and music (optional)	8pm Dinner	
Nurturing the Soul	Nurturing the body	A little bit of France	

About the Teacher

[Emma Thom](#) is a qualified Mindfulness Teacher with a Post Graduate Diploma in Mindfulness-Based Cognitive Therapy and Approaches from the University of Exeter. She works full time in a freelance capacity, teaching the eight week Mindfulness Programme for the Accept Clinic at Exeter University, teaching in the NHS and in other health and social care agencies. On a personal level, Emma's life has benefitted in many ways from her practice of mindfulness. Emma loves sharing what she has learned with others and is passionate about making mindfulness accessible to all. Emma has a daily meditation practice and yoga practice and attends regular silent insight meditation retreats to deepen and support her practice. You can read more about Emma [here](#).



About Aulagnes

Aulagnes is a beautifully elegant and serene country house nestled in the Cognac countryside and only an hour away from the wonderful city of Bordeaux. Standing on the top of a hill the views from Aulagnes are magnificent, a 360 degree uninterrupted view of vineyards and rolling hills. The house exudes a warm welcome and a wonderful sense of home, having been lovingly and tastefully restored in recent years. Its living areas are relaxed yet sophisticated while its seven bedrooms are wonderfully comfortable and full of character.

About the Cost

The all-inclusive cost of this Mindfulness Weekend is **EUR600 per person sharing**. The cost covers all mindfulness and relaxation sessions, all meals, beverages and accommodation and all guided outings. Yoga mats and sitting stools are also provided. If you wish to reserve your own room, you may do so at an additional cost of EUR20 per night. Please be aware this is subject to availability so please make known your preferences known when reserving your place. We are delighted to offer **an Early Bird 10% discount if you book by 31st August 2019**.

	Shared Accommodation		Private Room	
	Full Price	Deposit (50%)	Full Price	Deposit (50%)
Regular	€600	€300	€660	€330
Early Bird	€540	€270	€594	€297

Flight costs are not included but if you travel Aer Lingus Dublin-Bordeaux flight Thursday 3rd October and Aer Lingus Bordeaux-Dublin flight Sunday 6th October transport to and from the airport will be provided at no extra cost. A deposit of 50% is requested to reserve your place with the balance to be paid in cash on arrival. If you would like to extend your stay to arrive early or stay the final night of the Weekend, please email us at agceangal@gmail.com

NOTE: This exclusive Weekend is open to 10 participants with a minimum number of seven. Please do not make travel arrangements until we confirm to you that our first seven reservations are secured. We will confirm no later than four weeks before the Weekend.

Getting here

Aulagnes is located in the heart of the Cognac countryside just 30 minutes from Angoulême and an hour from Bordeaux. Flight costs are not included in the cost of the Mindfulness Weekend but if you travel Aer Lingus Dublin-Bordeaux flight Thursday 3rd October and Aer Lingus Bordeaux-Dublin flight Sunday 6th October transport to and from the airport will be provided at no extra cost.

Airports: Bordeaux, La Rochelle, Limoges

Trains: TGV fast train from Angouleme (to Paris in 2 hours)

From Ireland: Ryanair and Aer Lingus fly to Bordeaux

Visit www.ceangal.eu to reserve your place

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