

About La Bardouly

Situated in South-West France, Chateau de Bardouly is located between Bordeaux and Toulouse in the Dordogne Purple region above the Dropt River. Built 400 years ago, the house maintains its original features including a panelled dining room that was installed by the same artisan that completed the state rooms at Versailles. Michel de Montaigne's historic estate is nearby and is the place where he wrote extensively about the area and other topics in his famous 'Essays'. The house brims with antiques but maintains the atmosphere of a comfortable family home. The estate includes a heated swimming pool and hard surface tennis court as well as a lake surrounded by ancient oaks. There are gorgeous walks through the 100 acres of exquisite wooded hills and fields.



Prices

Rooms from £995 to £1295 for a shared luxury room. All rooms have en-suite bathrooms.

A single supplement of +30% applies for those wanting a private room.

A deposit of £495 is payable to secure your booking.

(There is a £75 early bird discount for anyone paying in full by 30th April 2017 or for anyone returning to France with us.)

The price includes all classes, breakfast, lunch and a 3-course dinner (except for one dinner out).

The price excludes flights, taxis to/from the Chateau and alcohol.

There is a laundry service available at the Chateau for a small fee. The rooms are cleaned twice in the week.

Travel

Arrival time from 4pm.

Flights to Bergerac: Ryan Air, Easy Jet, British Airways, KLM.

Taxi from Bergerac: 15-20 minutes.

A minivan for groups of 6-8 can be arranged by the Chateau.

For more information, please visit:
www.yogalotus.co.uk or www.bardouly.com/rooms

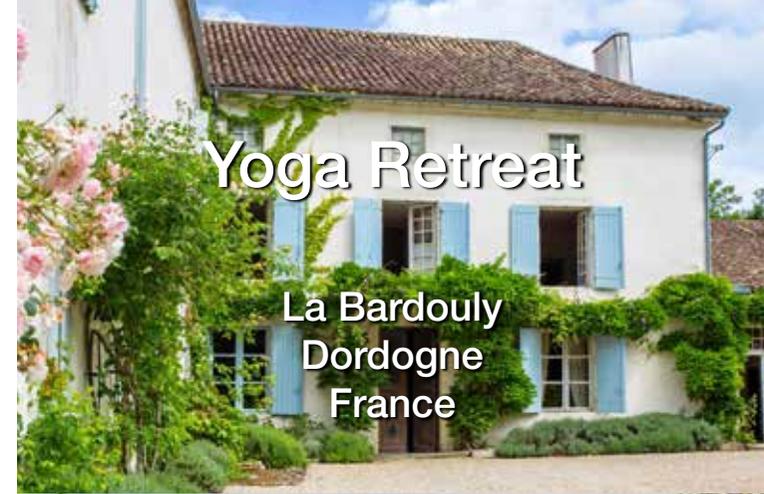
To book please email:
Sophie: sophie@coats.net
Tony: tonywatson@hotmail.co.uk

"We had a fantastic week of yoga at a beautiful location; Sophie and Tony could not have been more attentive and knowledgeable. It was a real holiday with all the benefits of amazing yoga teaching" "it wasn't great, it was fantastic"

LC, Queille, Sept 2016

Yoga Retreat

La Bardouly
Dordogne
France



with
Sophie Coats & Tony Watson
9th – 16th September 2017



About the retreat.

Sophie and Tony are thrilled to be running their second yoga retreat in France, this time at the stunning Chateau La Bourdaly, Bourdeaux, France.



This is a wonderful opportunity to retreat into another world, to have fun, explore and delve deeply into your yoga practice.

Each morning will begin with optional meditation session, followed by breakfast and then a strong, two hour alignment-based vinyasa practice. After a delicious lunch you will have time to relax, explore the beautiful grounds of the Chateau, hang out at the pool. There will be a restorative & pranayama practice late afternoon before a fabulous 3-course dinner.



With two teachers on the retreat you have the advantage of having a teacher and someone assisting/adjusting in all the classes. Each person receives an extremely high level of attention and focus throughout the week.



About Sophie & Tony.

Sophie and Tony have over 20 years of teaching experience between them.

They teach yoga and pilates at Triyoga, London's top yoga studio, and combine their studio teaching with private and corporate clients. They teach classes, workshops, trainings and retreats both in the UK and abroad.

Tony Watson teaches a quietly dynamic style of yoga which focuses on kinaesthetic alignment principles.

He offers precision and sequencing through the body, which allows a deepening into asana with security and

ease.

Tony is a trained dancer and his study of dance and all movement modalities, bodywork practices and somatic principles deeply influences his teaching. Alongside yoga he teaches Pilates and has a keen interest in the remedial aspect of the work. He currently co-teaches experiential anatomy for the yoga therapy diploma at Yogacampus. He is a body worker with over a decade of massage experience. Tony is also a trained cranio-sacral therapist and runs a private practice.



Sophie Coats first studied yoga in India in 1988 in Pondicherry, Tamil Nadu.

Over the years she has studied with many inspirational teachers and explored different systems of yoga. She has been greatly influenced by the heart-opening practice of Anusara yoga, the precision of Iyengar, the connection between breath and movement in Astanga Vinyasa yoga and the deeply restorative benefits of Yin yoga. Today her practice is firmly grounded in alignment-based practices, which allow students to deepen the connection between their mind and body and at the same time experience a sense of freedom in themselves. She is known for her creative sequencing and gracefully delivers powerful classes with a delicate blend of humility, integrity, humour and reverence for the teachings passed down to her.