

RÉSIDENCE TERRASSON

Retreat in Terrasson-Lavilledieu, France

escape.
breathe.
unwind.

Inspired Living Workshop – Dordogne, France

*Experience the joy of **Wellness, Empowerment and Art** with like-minded women surrounded by French village life.*

"Learn how to live inspired everyday. Come treat yourself to that trip of a lifetime with lots of laughter, healthy food, daily beauty and inspiration in France."

Maura Joy Lustig
Session Instructor

July 9 - 16, 2019

Get inspired in the stunning region of the Dordogne, France.

The beautiful area of Dordogne, an undiscovered part of France by North Americans is the perfect place for a week of change.

Come live a week in a beautifully renovated home in a French Village. For women who want to move from good to great, to escape and to satisfy that yearning for an incredible experience that's been on your bucket list for years! Slow down, enjoy leisurely 2 hour lunches, daily walks, a traditional French market, beautiful Chateaux and Gardens - all while taking in the relaxing pace of French life.

Meet your host

Maura Joy Lustig is a Transformation Coach and Artist. She works with women who are struggling to keep up with the demands of daily life, especially those living on auto-pilot looking after everyone but themselves at work and in the home. Her sessions in France involve a daily work session, walk, inspirational motivational discussion as well as some touring of the area.

For more information on Maura and her work please visit
www.abundancewithease.net



Learn how to live inspired everyday.



Accommodation



Do bring:

- Favourite book
- Sketch pad & watercolours/pencils
- Sun hat & sunblock
- Health insurance
- Comfortable walking clothes & shoes
- Water bottle

What's included

- 7 nights accommodation: July 9 - 16, 2019
- Transport **on arrival** and **departure day only** from Bordeaux Airport*
- Daily breakfast
- Daily Inspirational Work Sessions
- Visit to local French market
- Visit to the Chateau Hautefort and Gardens
- Bergerac Wine Tour (transfers included; \$18-\$25 for lunch)
- Optional: Spa morning or visit to the famous Lascaux Caves
- Local events: Summer music night in the village & Bastille Day fireworks (French national holiday)

* If you cannot meet our scheduled transport, we will connect you to alternate options to coordinate your own transport

Session fees - 7 nights, 8 days

- **Early-Bird Deadline December 1st: \$1899 per person**
- After December 1st: \$1999 per person
- Double occupancy only
- * Session fees do not include airfare, but we work with a travel agent.
- ** Additional 3-Day Paris or Bordeaux Tour also available

Booking and Contact

Please visit www.francehomerental.com for further information or email residenceterrasson@vianet.ca
 Kate Little is our travel agent at www.littletravel.co or kate@littletravel.co
 Learn more about Transformation Coach Maura Joy Lustig at www.abundancewithease.net

