

5-Day Culinary & Wellness Retreat

Dordogne, France | Monday – Friday

Day 1 – Monday | Arrival & Welcome

Private transfer to the countryside property. Welcome drinks & introduction. Tour of the gardens and pool. Evening: Farm-to-table dinner with regional wine pairings.

Day 2 – Tuesday | Culinary Delights

Morning yoga & meditation. Cooking workshop with local chef (regional specialties). Long lunch with wines from local vineyards. Afternoon free: poolside relaxation or massage (optional). Evening: Cozy dinner with candlelight atmosphere.

Day 3 – Wednesday | Market & River Day

Breakfast with fresh pastries & fruit. Excursion to a local farmer's market. Picnic by the Dordogne River. Afternoon relaxation: pool, spa, or leisure walk. Evening: Outdoor BBQ under the stars.

Day 4 – Thursday | Deep Relaxation

Morning yoga on the terrace. Guided countryside walk through vineyards & villages. Lunch in the gardens with local cheeses & fresh produce. Afternoon: Free time for swimming, reading, or massage. Dinner: Traditional Dordogne feast (duck confit, truffles, walnuts).

Day 5 – Friday | Reflection & Departure

Morning meditation. Farewell brunch. Departure transfers.

Retreat Pricing – Dordogne 2025

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- Price: €1,500 per participant (incl. tax)
- Early Bird Offer: €950 per participant (if booked 3+ months in advance)

Includes:

Accommodation, meals, yoga & meditation, cooking workshop, guided countryside walks, excursions, transfers.

Not included:

Alcoholic beverages (available at extra cost). Optional massages on request.