

THE PROVENCE EXPERIENCE

elevate your experience

	Early Morning	Morning	Afternoon	Evening
Day 1		Arrival & Welcome Lunch in the garden	Yoga & Intention Meditation	Apéro Français <i>(think: Champagne, Pastis, & Pétanque)</i> Cooking demonstration from the Chef & traditional Provençal Dinner
Day 2 Renew	Sunrise Yoga & Meditation in the garden Breakfast	Yoga / Pilates Workshops: <i>Nutrition Energy Work & Ayurvedic Healing</i>	Lunch by the Pool Open-air Massage in Garden Apéro and/or Sunset Meditation	Dinner under the trees Meditation for Relaxation & Sleep
Day 3 Energize	Sunrise Meditation & Restorative Yoga Breakfast	High-Intensity & Bootcamp-style Fitness classes	Lunch by the Pool Yoga / Pilates Optional: <i>Afternoon hike through the Sainte-Victoire Valley</i>	Apéro by the Pool French Country Gourmet Dinner or Dinner in downtown Aix Evening Walk & Start-Gazing in the Olive Orchards
Day 4 Love	Morning Yoga & Meditation in the Garden Breakfast	Market Tours: <i>Food, Wine, & Local Specialties</i>	Lunch at the Market or pool-side Optional: <i>Explore the "Valley of Cezanne." Visit the workshops of famous regional artists</i>	Cooking lessons w/ the Chef Wine Tasting with local sommeliers & Wine-makers Dinner & Drinks under the stars w/ sultry live music
Day 5 Explore	Sunrise Hike up the Sainte-Victoire Mountain Breakfast	Optional: <i>Day-Trip to La Camargue Wildlife Reserve, Ranches, and Beaches</i>		Dîner à la Guardian <i>(think: dine like a gourmet French cowboy)</i> Sunset Yoga & Meditation
Day 6 Vibe	Restorative Yoga & Morning Meditation Breakfast	Pilates and / or High-Intensity & Bootcamp-style Fitness classes	Rosé Brunch Party @ the Pool French Cocktails 101 w/ local mixologist	Grand Dinner Party <i>(think: Lights, Music, Dancing, and Lush Evening Vibes)</i>
Day 7	Farewell Meditation in the Garden Breakfast	Energizing Yoga: <i>Preparing the Body for Travel</i>	Departure & Transfer to Airport or Train	

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family & children's experiences

	Early Morning	Morning	Afternoon	Evening
Day 1		Arrival & Welcome Lunch in the garden	Lawn & Pool Games (<i>think: relay races, pétanque, lawn bowling, scavenger hunts</i>)	Cooking demonstration from the Chef & traditional Provençal Dinner
Day 2 Renew	Breakfast	Little Yogis: Morning Meditation and Stretching (<i>Designed for little ones, this class helps teach the basics of focus and proper stretches</i>)	Lunch by the Pool	Language Immersion In the Garden (<i>gain exposure to the French language through play</i>)
Day 3 Energize	Breakfast	Baby Bootcamp (<i>Run, jump, swing, play, all while getting great exercise</i>)	Arts & Crafts: <i>Finger-paint like Picasso and learn some basics about famous french artists</i>	French Country-style Dinner or Dinner in downtown Aix
Day 4 Love	Breakfast	Cultural Tour of the Property (<i>visit the chickens, olive orchards, and fruit trees</i>)	Picnic Lunch on the hillside Optional: <i>Explore the "Valley of Cezanne." Visit the workshops of famous regional artists</i>	Kids cooking demo / lesson with the chef Dinner (taste some of the dishes you made with the chef!)
Day 5 Explore	Breakfast	Optional: <i>Day-Trip to La Camargue Wildlife Reserve, Ranches, and Beaches or take a boat trip on the Mediterranean</i>		Diner à la Guardian (<i>think: dine like a gourmet French cowboy</i>)
Day 6 Vibe	Breakfast	Little Yogis: Morning Meditation and Stretching	Pool-Party Lunch	Outdoor games and fun in the garden
Day 7	Breakfast	Farewell Meditation & Relaxation: <i>Preparing for Travel</i>	Departure & Transfer to Airport or Train	