

Women With Wings
TRAVEL

presents

Provence 2014

Creative Writing & Yoga Retreat

JUNE 14-28, 2014

Tour Leaders:

Jane is an RYT 200 certified yoga instructor and has been inducted into the BC Entertainment Hall of Fame.

Valentine is an RYT 500 certified yoga instructor and has a PhD in Philosophy.

Both have been trained in the Amherst Writers and Artists Association method of leading writing groups.



Come and join us for 2 weeks in the South of France, for a creative writing and yoga retreat.

Whether you are a published writer or have never put pen to paper, whether you are a long time yoga practitioner or have never done a pose before, there will be something for everyone. We are all enriched by diversity. Valentine Leonard and Jane Mortifee will be your guides to accessing creativity and connecting deeper into the body and its wisdom.



SAT, JUNE 14th

Welcome to the French Riviera, where generations of cosmopolitan artists, writers, and celebrities have sought inspiration and found relaxation! We'll have shuttles waiting for you at your arrival in Nice to bring you to our villa overlooking the Mediterranean in Sainte-Maxime. After time to settle in and perhaps a dip in the pool, Jane, Brenda and Valentine will draw you into the circle of creative inspiration and friendship, followed by an early dinner and bedtime. **Meals: D**

SUN, JUNE 15th

Today sets the tempo for most of our days this week. This morning, Jane will gently stretch your body into our quiet haven with yoga in the garden. Then you'll sit and enjoy the view while, Brenda, our talented cook, nourishes your belly. Next, Valentine will lead our first writing circle, offering safety guidelines and prompts to spark our

SUN, JUNE 15th

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creativity. We'll write together and have the opportunity to share with the group to receive supportive feedback. A light, fresh lunch at the villa will be ready for us when we are.

The afternoon is yours entirely. You may decide to go for a nap under a cork oak, or trot 15 minutes down the hill for a salty splash, or take a 15 minutes bus ride into the town of Sainte-Maxime. Those who wish will reconvene at the villa before dinner for more writing together, or guided meditation. Healthy dinner with a view and stimulating conversation or quiet time under the stars will cap our day. **Meals: BLD**

MON, JUNE 16th

Another gorgeous day on the Riviera, with the same gentle yoga-delicious food-inspiring writing-deep relaxation and/or discovery itinerary as yesterday!

Meals: BLD

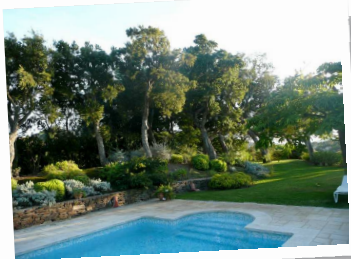
TUE, JUNE 17th

Today starts out like yesterday with yoga in the gardens, breakfast overlooking the Gulf of Saint-Tropez, inspired writing, yummy lunch, and free time. Then we'll head over to the harbor and hop on 15 minutes ferry boat ride to mythical Saint-Tropez. We'll be able to enjoy one of Riviera's endless evenings strolling about the streets of this small fishing village-turned world class resort, shopping for art and designer clothes, or simply spotting celebrities from the open air terrace of a café. Then we'll all meet for a gourmet French dinner at La Ponche, with accordion players and string lights framing the sunset over the sea. After dinner we'll head back to our cozy home.

Meals: BLD

WED, JUNE 18th

Today is yet another sweet day of yoga, writing, and relaxation. **Meals: BLD**



THU, JUNE 19th

Today is market day in Sainte-Maxime! We'll start off as usual, with yoga in the garden and breakfast with a view. Then we'll take cabs into the old town to wander among mounds of shiny olives, fat peaches, juicy melons, donkey-fig salami, hundreds of kinds of creamy cheeses, whole 20 pound slabs of nougat, and other Ali Baba marvels that local producers have to offer. Each of us will be paired with a partner for this adventure, and given flavors to collect as prompts for our afternoon writing. Then we'll meet under the 1000 year-old olive tree for a picnic made of all our market finds. Next we'll each have the option to stay in town and find a place to write, go for ice cream to the promenade and lie on the beach, or head back to the villa in a cab. Before dinner we'll reconvene at the villa to share our day's writing. Dinner is at the villa tonight. **Meals: BD**

FRI, JUNE 20th

Today is our last day by the sea. We'll relax back into our yoga, writing, free time routine at the house before heading off on another exciting adventure tomorrow. **Meals: BLD**

SAT, JUNE 21st

This morning we take our sweet time to pack up and hang out by the pool around a lazy breakfast. Right after lunch, a van will pick us up at the villa to take us to our new abode in Arles, only a 2 hour drive away. In the heart of the Camargue region of Provence, Arles boasts the highest number

**SAT, JUNE 21st
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of Roman ruins outside of Rome, which earned it a listing as a UNESCO world heritage site. Arles is also known as the town where Van Gogh painted most of his famous paintings, such as *The Starry Night* and *the Bedroom*. Faithful to its prestigious cultural past, Arles embraces the 21st century with a multitude of cultural events and festivals throughout the year, ranging for the *Rencontres Photographiques*, a giant international photo fest with exhibits throughout the summer, to the rowdy *féris* that celebrate the corrida and flamenco tradition of the region. With a population of about 50,000, Arles is still a small enough town that everything can be done on foot. Most of the old town is inaccessible to cars, and people still walk over to each other's shop instead of phoning or emailing!

By mid-afternoon you'll be settled in your charming hotel located in the heart of the old town. And how lucky is it that today happens to be *la Fête de la Musique*, France's national music fest? There will be free concerts everywhere around town: on city squares, inside medieval monuments, in the Roman amphitheater ... With a map in hand and the knowledge that Arlesians are among the friendliest French people you'll ever meet, you'll be able to explore the town at your pace tonight, following your ears and dancing feet, and find a bistro to dine on one of the many delicious local specialties. **Meals: BL**

SUN, JUNE 22nd

This morning you'll enjoy croissants and tartines on the hotel's patio. Then Valentine will escort you for a 10 minute walk over to her 17th century home, where we'll have our writing circle. Brenda will have a light, fresh, lunch buffet at the house ready for us when we are, and then you'll be free to spend your afternoon visiting one of the many museums, strolling about the old town, or whatever else may strike your fancy.

Before dinner, Jane will offer a gentle yoga class at the hotel. Then we'll all enjoy dinner together in one of the quaint local restaurants. **Meals: BL**

MON, JUNE 23rd

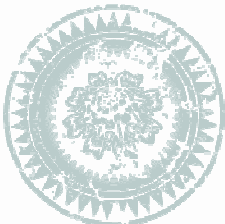
Today is excursion day! After an early breakfast, we'll meet with a guide for a walking tour of historical Arles and lunch in a Roman restaurant. After lunch we'll ride over to a protected natural site in the Camargue region, known as one of the largest bird sanctuaries in Europe. We'll ride horse-drawn carriages through the marshland, keeping our eyes out for pink flamingoes and wild horses. There will be time for some fun writing before another titillating dinner in town. **Meals: BL**

TUE, JUNE 24th

After breakfast at the hotel, we'll meet at Valentine's house for a writing circle and lunch buffet. The afternoon is all yours, and you may meet Jane back at the hotel for some body-loving stretching before dinner out on the town. **Meals: BL**

Tour Inclusions

- Privately escorted by Valentine and Jane
 - Group transfer Nice to Sainte-Maxime all excursion transportation
 - All yoga and writing instruction
 - Meals as described in the itinerary
(B = Breakfast, L = Lunch, D = Dinner)
 - 7 nights at Valentine's Villa in Sainte-Maxime
 - 7 nights at Hotel du Musée in Arles
 - Saint-Tropez excursion with gourmet meal
 - Arles Museum Pass
 - Camargue excursion
 - Women With Wings soft touches and happy surprises
- Not included:**
- International airfare
 - Personal expenses (laundry, telephone, shopping, wine...)
 - Avignon Museum Pass
 - Meals not described in the itinerary
 - Group Departure transfer
 - Out of country medical & trip cancellation insurance



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WED, JUNE 25th

Today is market day in Arles! While Provençal markets are envied all over the world for the dazzling palette of colors, flavors, and freshness they offer, the Arles market is the largest, most colorful and flavorful in the region! 350 booths gather on the boulevard along the old city walls. This is your time to let your inner sycophant loose! Take your time to enjoy the market ambience on your own or with your new friends. We will reconvene at a café in town during the afternoon to write together. Before dinner, there will be yoga at the hotel to help our bodies process the day. **Meal: B**

THU, JUNE 26th

Today we get to see more of Provence's wonders, and perhaps understand why Van Gogh and Cézanne spent so much time there. We'll hop on the bus before breakfast to head over to the charming village of Saint-Rémy, about 40 minutes away in the hills. The morning will be spent eating croissants and discovering the town, and then we'll walk over together to Jane's best friend Suzanne's house for lunch and lounging by the pool. When we're ready we'll take the bus to Avignon. Also a registered site with the UNESCO world heritage, Avignon is most famous for its grandiose Pope's Palace, medieval bridges, and theater festival in July.

THU, JUNE 26th

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There will time to explore the city and its monuments, or else sit at a terrace and read, write, talk, watch the world go by. Then we'll meet at a mouthwatering local restaurant for dinner, and head over to the train station together for a 20 minute train ride back to Arles and our sweet beds.

Meal: L

FRI, JUNE 27th

For our last day together we'll have our writing circle and lunch at Valentine's, some free time in the afternoon, followed by yoga and a closing circle before a special celebratory dinner experience on the town.

Meals: BL

SAT, JUNE 28th

Adieu! Time to pack up. Jane and Valentine will gladly help you arrange shuttle rides to the airport or train station, so you can be on your smooth safe way back home, or anywhere else you've grown your wings for. **Meal: B**



LAND ONLY
COST

Woman With Wings

USD \$3,389 per person

Based on twin occupancy

For single supplement info, please inquire.

A nonrefundable deposit of \$750 is due at time of booking.

Final balance is due March 28, 2014.

Based on a minimum of 10 ladies.

CONTACT US:

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