

SPIRITUAL RETREAT
26 SEP - 03 OCT 2020
FIGEAC, FRANCE

MEET YOURSELF IN TRUTH

Join us in this enchanting, idyllic setting, on a journey of self-discovery. Come, meet yourself in truth.



Enjoy simple living, organic fresh food and an emersion into realisation, through self-discovery, meditation and yoga. For anyone looking to enrich their lives through meaningful exploration, self-enquiry and connect with a deeper sense of being and purpose.

€485 / £415

This is a 6 day program

allow a day either side for travel.



This is an invitation to relax, recharge, connect and meet new people, whilst nourishing your inner-self with a deeper sense of being. Basking in warm weather, deep within the stunning French countryside and with delicious, fresh, organic meals prepared for you every day. Our program offers you an opportunity to *meet yourself in Truth*. HOW? By being HONEST with yourself and others, you can allow yourself space to grow. By being OPEN to new possibilities and a different way of looking at life so it can be more fully embraced. Be WILLING to engage and participate in all that is arising in the moment, so you can observe and experience an alternative perspective to the meaning of life.



Flights into Toulouse Airport.

Allow approx 2hrs further onward travel. Support with travel arrangements available nearer the time. £100 deposit required, payment options available upon request.

Book through our website:

<https://www.knowingconsciousness.com/retreats/>

Contact Maria Casale: maria@knowingconsciousness.com or tel. 0044(0) 7905 454 178



08:00 - 09:00 gentle yoga and meditation

09:00 - 09:45 breakfast

10:00 - 13:00 self-enquiry session

13:00 - 14:00 lunch

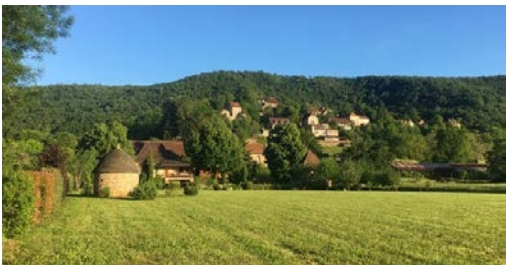
14:00 - 16:30 communal/free time

(activities optional ie walking, gardening, canoeing, swimming in the river)

17:00 - 19:00 meditation / sharing session

19:15 - 20:45 evening meal

20:45 - 23:00 communal/free time



visit: [knowingconsciousness.com](https://www.knowingconsciousness.com) for full details

Concessions may be available depending on circumstances. Get in touch for further information.