

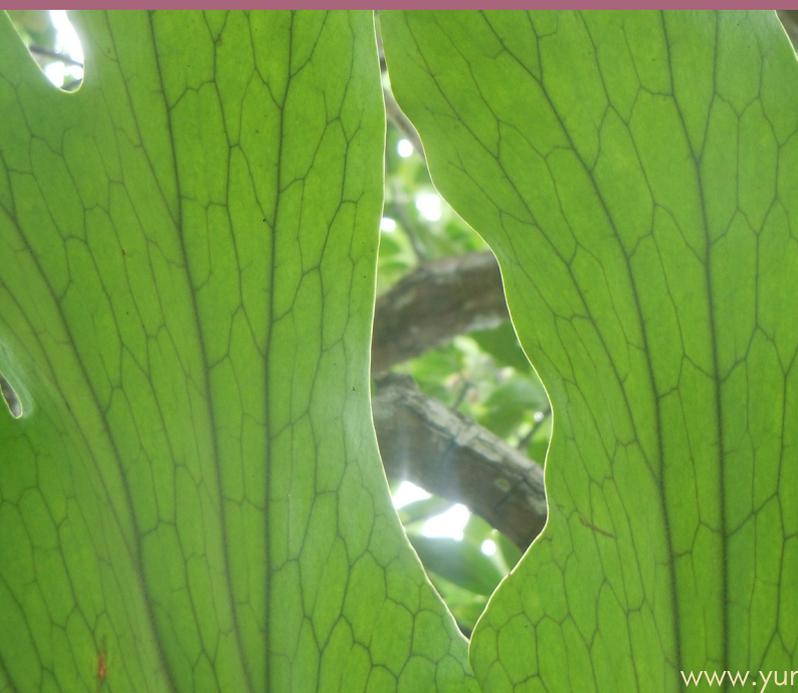


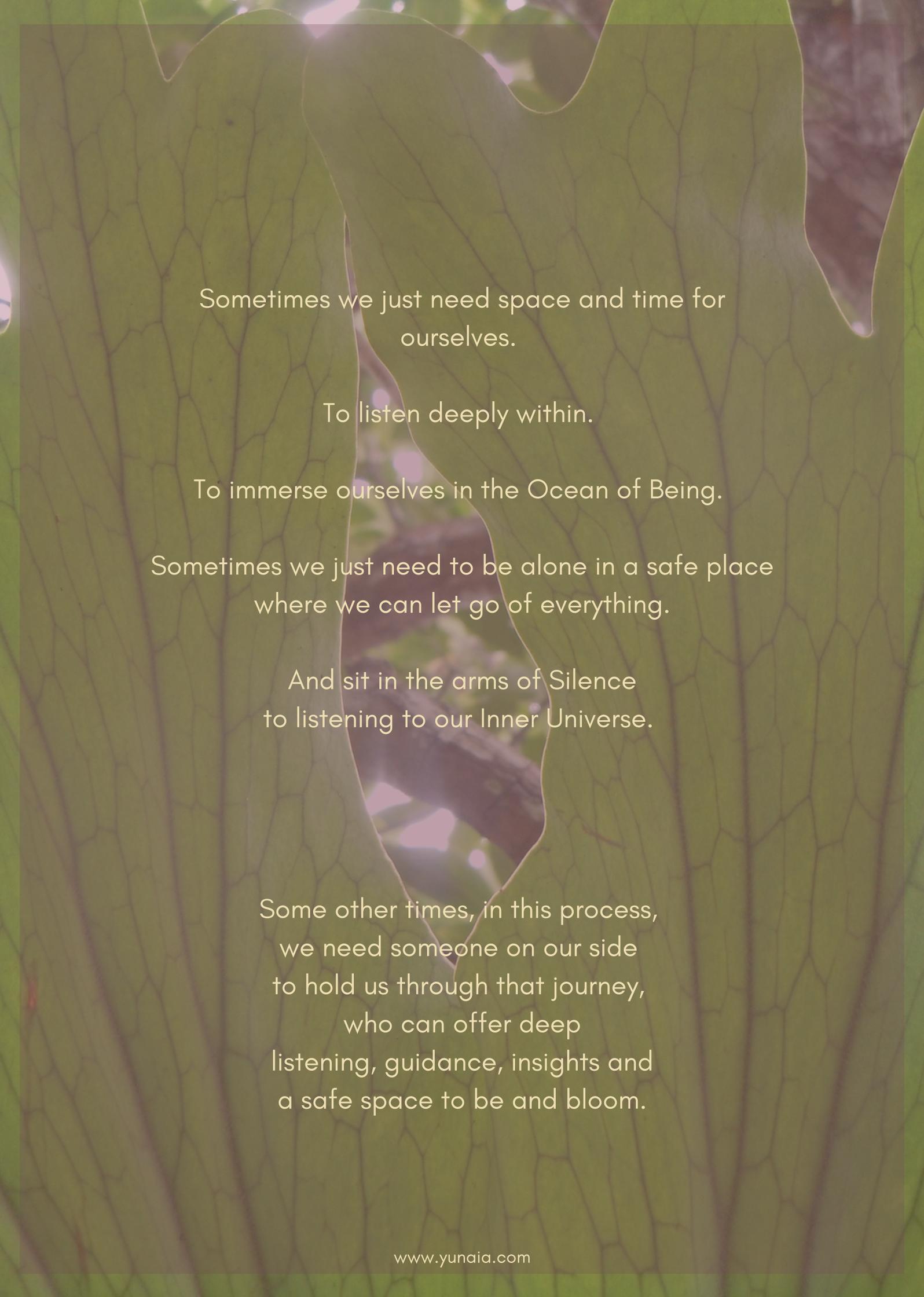
Individual Retreats

An immersion in the Forest,
to dive deep within.

A space to Come Back Home to Yourself,
Replenish,
Love and
Open up to Self (re)Discovery.

Les Buches, Cévennes, France





Sometimes we just need space and time for
ourselves.

To listen deeply within.

To immerse ourselves in the Ocean of Being.

Sometimes we just need to be alone in a safe place
where we can let go of everything.

And sit in the arms of Silence
to listening to our Inner Universe.

Some other times, in this process,
we need someone on our side
to hold us through that journey,
who can offer deep
listening, guidance, insights and
a safe space to be and bloom.

From the
beginning of June to the first half of September,
Les Ouches opens the space for individual retreats.

You can choose to come for a **retreat on your own**
(*Silent retreat option available :-)*)

or

to engage in an **individual process** tailored to your own
needs and life moment **with me** (*in this case, a previous
session through zoom or telephone is needed
to start the journey*).

During your retreat you can benefit, on demand, from
bodywork, healing session, yoga session
(womb yoga, yin yoga, Deep Flow),
rituals, herbal treats, clay initiation and some more surprises
to discover once you'll be here...

The number of spots availables are very few.

So, if you are hearing the call,
we invite you to contact us soon...

For inquiry around possible formats, dates and cost:

info.yunaia@yunaia.com

Accommodation and food

The minimum stay is 5 nights. It takes time to land in the forest and welcome within ourselves a different pace.

You can choose to sleep in a yourte, a straw-bale cabin, teepee or sibley tent (individual or shared accomodation).



All meals are entirely organic, vegetarian (vegan option always available!), cooked with fresh food coming from our garden or local farmer.

***In case of any food allergy or intolerance, just let us know and we'll be happy to cook according to your needs..**



Fresh Spirulina from our place!
We're so Proud of Her Presence with us!

THE LOCATION

Nestled in the heart of the Cévennes mountains, there's a magical place called Les Ouches.

The rhythm of this place is still paced by the light of the day and the darkness of the night.

Spring water is coming from the mountains very close to our location.

The sound of the wind, the warmth of the fire, the flow of the waters and the richness of the earth are a daily embodied experience.

Accommodation is very basic and beautiful, allowing you to soak deeply into the natural environment.

No electricity and no internet connection reach this wild land offering you an amazing opportunity to detoxify from technology and the pace and noise of urban life.

If you feel called to deeply nourish yourself and reconnect with the magic of Mother Nature this is the perfect place to Be.