

# A Bit About Us

## *(and why we are doing this)*

Hi. I am Lolly, and It has been my lifelong vocation to share the benefits of Yoga with others.

I feel privileged to have experienced many years of practising Ashtanga Yoga. Initially at The Life Centre in Kensington with some incredible gurus, and then studying with Buddhist Monks at Sivananda.

Having wanted to continue to share my passion, throughout the Covid pandemic I offered inspirational online sessions, and am proud to have inspired many new people to experience “real yoga”. A truly personal journey for each participant; and one with compelling results!

It has long been my ambition to create the perfect yoga sanctuary, where I could design and run my own yoga retreats. Having participated in several retreats around the world, I have found that there is often something lacking. Perhaps it is the importance of breath work, or the access to one-to-one personal improvements and adjustments to the internal and external benefit of a posture. It could be understanding, and acknowledging, any personal issues or injuries. Particularly, I have often lamented the food offered. I know that meals that are nutritious and holistic,

can at the same time be absolutely delicious!

My partner Sean is a successful Olympic and World Champion athlete. Having retired from championship sport, he is a qualified Sports Therapist (LSSM.)

Sean and myself were lucky enough to find this special place in the form of our peaceful and beautiful château, La Galiserie. As soon as we saw it, we knew it could be transformed into the perfect retreat and location to create the yoga sanctuary I envisaged.

Château La Galiserie in Serigny has it all and we are thrilled to announce that we shall be hosting four 7-day yoga retreats during summer 2025.

Together with a team of like minded individuals, Sean and I have created and developed a unique 7-day retreat, which enables participants to work through the seven chakras, from root chakra (Muladhara), to crown chakra (Sahasrara).

These will be inclusive yoga retreats that are the perfect introduction if you are beginning your yoga journey. But as they are small groups, and very personal, they can also be tailored for a deeper and more intense experience for seasoned practitioners.

# The Yoga - Body and Soul

After a morning energy bomb/shot, you will begin each day with an hour and a half group yoga session, on our specially designed yoga platform, embracing the views, and breathing in the gorgeous natural surroundings.

In the late afternoon, there will be a second hour and a half session. This will be a YIN class, details will follow the morning session.

There's plenty of relaxation time in between breakfast, lunch, and dinner to discuss all things yoga, luxuriate around the pool, take a swim and/or sunbathe. Also, if you choose to, you can enjoy a complimentary 20-minute back massage by our fully trained masseuse. We also offer a range of additional treatments that can be booked either with our massage therapist, or our sports therapist.

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# The Food - Body and Heart

The food throughout your stay will be prepared by superb local artisan chefs, who will cater for all your dietary requirements.

Each morning, after your initial yoga session, you will have a wholesome continental breakfast with indulgent energy snacks on the sun terrace. Naturally, this will be accompanied by lively discussion with your hosts and fellow participants.

After some free time, there will be a lavish lunch by the pool.

Each evening, dinner will be enjoyed on our fabulous sun terrace. Our artisan chefs will create a luxurious experience utilising fabulous local ingredients, and drawing from their skills, which have been perfected in kitchens across the world (expect the unexpected).

During your stay with us, you will be taken to L'Orangerie, which is situated in the nearby historic and captivating town of Richelieu. An outstanding gourmet experience by local chef, Hennie Froeling. Showcasing the art of fine dining, embracing the full Chakra colour wheel. The chef's table, taken to new heights!

Your last evening with us at the château will be "White Night" - a celebration of your stay, with a selection of flavourful and wholesome dishes, with some surprises along the way!

# The Timetable - as flexible as a yogi's body

- ◆ Friday 18th July - Friday 25th July
- ◆ Friday 15th August - Friday 22nd August
- ◆ Friday 29th August - Friday 5th September
- ◆ Friday 12th September - Friday 19th September

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<b>Time</b>	<b>Location</b>	<b>Activity</b>
8:00 - 8:30	Sun Terrace / Dining room	Energy bomb / shot
9:00 - 10:30	Yoga Platform / Studio	Morning yoga session
10:30 - 11:00	Sun Terrace / Dining room	Wholesome breakfast
11:00 - 13:30	Pool & pre-booked treatment	Swim, sunbathe, relax
13:30 - 14:30	Pool terrace	Lavish lunch
14:30 - 17:00	Pool & pre-booked treatment	Swim, sunbathe, relax
17:00 - 18:30	Yoga Platform / Studio	Afternoon yoga session
18:30 - 19:30	Bedrooms	Get ready for dinner
19:30	Sun Terrace / Dining Room / Out in Richelieu	Divine Dining

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## What's included

- ◆ A seven night stay at Château La Galiserie in either the main château, or one of the Gîtes
  - ◆ All meals, soft drinks and La Galiserie melon and champagne cocktail
  - ◆ Renaissance fine dining at L'Orangerie in Richelieu
  - ◆ Expert tuition with a personal approach
  - ◆ Full use of La Galiserie's yoga mats and equipment
  - ◆ Bathroom towels in your room, and the use of separate pool towels
  - ◆ Airport transfer from and back to Poitiers
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## What's not included

- ◆ UK Travel to Poitiers airport
- ◆ Wine and other alcoholic drinks

# Rooms

- ◆ Each Yogi will experience pure luxury in their own Double French Bed made up with the finest French linen, towels & bathrobe
  - ◆ Grande Matisse, Van Gogh & Gîte Renoir can be setup as twins for two sharing or as doubles for couples
  - ◆ Grande Delacroix, arranged as a triple sharing room
  - ◆ Petit Cézanne for one couple of single occupancy
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# Prices

**Price £1,200 per person - 3 stage payment plan**

**£400 deposit upon booking, £400 interim 16 weeks prior to retreat,  
£400 balance 8 weeks prior to your retreat.**

Please email us for further details.

Places are limited to a maximum of 12 places per retreat.

Please book early to avoid any disappointment.

We really look forward to hearing from you, booking you in, hosting you and most of all, indulging you in what are going to be, the most incredible yoga retreats

*Namaste Lolly*

# The Extra Treatments page

Extra treatments can be pre-booked and paid directly to our therapist at the time of treatment.

## **Massage Treatment**

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Face and neck massage	€35
'Belle Indienne' Indian Head Massage (seat and clothed)	€30
Full body massage	€45

## **Sports Therapy**

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Sean, will be on hand to give free advice to help improve your sporting knowledge, technique, and fitness. You can also undertake Sports Therapy with him, which can be pre-booked and paid for directly to Sean at the time of your treatment.

15 minutes	€20
30 minutes	€35
45 minutes	€45

## **Reflexology**

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A wellbeing (bien-etre) reflexology session for relaxation rather than treatment for a medical condition.

Charlotte John is qualified through 'The International Therapy Examination Council (ITEC)' which is a recognised qualification in the UK and France.

60 minutes	€45
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