

Yoga Exclusive in France – April 2027 with Judy Cameron & Lindsey Porter



Yoga Exclusive – in a French Chateau, Southern France

5 nights – early April 2027*

**exact dates tbc once the direct Ryanair Glasgow -Toulouse dates are published - aiming for Mon 5 to Sat 10 April 2027*

**Join us for a wholesome blend of curated yoga practices, held in the arms of a rustic French Chateau steeped in charm and surrounded by serene nature.
Small group size.**

*Note this is a free from - meat & alcohol retreat**

OVERVIEW

This 5 night stay Yoga Exclusive will place an emphasis on immersing yourself into a range of yoga practices. Yoga offered will be a variety of practices, taking in the 50 years of experience, learning and teaching Judy has combined with the 20 years of yoga practices Lindsey has been exploring and teaching. Both Judy and Lindsey are established Tutors for Yoga Scotland helping and guiding others on their journey towards sharing yoga with others.

To get the most out of this trip, having some previous experience of yoga practices is useful.

We will spend 5 nights and 5 days in the building and grounds of a unique French Chateau, east of Toulouse in Southern France. We will have a dedicated indoor and fully equipped yoga studio as well as use of outside spaces. The trip will include a half day outing to Lautrec, voted one of the most beautiful villages in France. Time to soak up local shops and enjoy lunch out, at your own expense.

**one lunch in local village at your own expense and choice of food + drink*

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To Note:

Having travel insurance and signing a liability waiver is compulsory to join and to arrange your own return travel. To be clear whilst Lindsey is primarily co-ordinating the details of this trip and making arrangements on behalf of folks, she is NOT operating in the capacity as a tour operator. You must be in a stable condition of health and able to manage yourself to travel to participate and accessibility for all abilities may not be available throughout this trip, please get in touch to discuss specifics or any concerns around whether this trip is suitable for any of your requirements.



ITINERARY – SUBJECT TO CHANGE/TWEAKS as required

High level summary:

- **5 night's stay** in a private Chateau near the medieval village of Lautrec, in the south of France
- **This trip will encompass at a high level:**
 - 4 full days of yoga based practices in total during the week incorporating workshops, guided asana, breathwork, meditation and relaxation.
 - A half day trip into the medieval village of Lautrec soaking up the local vibe and enjoying lunch in the village, at your own expense.
 - One complimentary massage on-site, note with male masseuse who works on the individual's energy, comes highly recommended.
- **^All activities are optional**, for clarity no refund will be available for any activities scheduled that you choose to opt out of. Any additional activities not listed, you may decide to do will be at your own expense and risk.
- **Journey recommended but you are welcome to find alternative routes:**

Fly to Toulouse Airport, France (from many UK airports inc. Edinburgh & London) and transfer via airport shuttle and train to Castres train station where a complimentary pick up from there to our venue will be provided at a set time (tbc once flight times confirmed).

Details: from Toulouse airport take the following connections using public transport to get to Castres train station.

 1. Take the Airport Shuttle Bus from the ground floor Gate C2 at the airport (departs every 20 minutes and takes about 30 minutes to reach the central train station – Gare Matabiau Toulouse). Cost around 9 Euros, one way only needed.
 2. To Castres: From Gare Matabiau Toulouse, transfer to the direct SNCF liO TER train bound for Gare de Castres. These trains run frequently throughout the day, with the fastest trains completing the journey in about 1 hour. Cost from 10 Euros, one way only needed.

One direct return to Toulouse Airport from the venue will be arranged and provided for the group at no extra cost, anticipated to be an early morning departure and flight. Timing TBC when flight schedules published.

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Detailed Itinerary

(subject to changes/tweaks as required):

Day	Planned activity
Day 1/Night 1 Mon 5 April 2027	Arrive and met for transfer to the venue at Castres Train station according to flight times once published. Settle into venue and lunch. Welcome Introductions. Gentle yoga practices. Dinner Evening yoga session and guided relaxation
Day 2/Night 2 Tues 6 April	Early morning yoga Breakfast Mid-morning yoga practice Light Lunch Afternoon yoga practice Dinner Evening yoga practice/relaxation
Day 3/Night 3 Wed 7 April	Early morning yoga Breakfast Trip into Lautrec (transfer provided), own time to explore and soak up local village life and shops. Lunch in Lautrec at own expense, reservation will be made at recommended local café. Return by arranged transfer to venue. Free time Dinner at venue Evening yoga practice
Day 4/Night 4 Thurs 8 April	Early morning yoga Breakfast Mid-morning yoga practice Light Lunch Afternoon yoga practice Dinner Evening yoga practice/relaxation
Day 5/Night 5 Fri 9 April	Early morning yoga Breakfast Mid-morning yoga practice Light Lunch Afternoon yoga practice Dinner Closing circle
Day 6 Sat 10 Apr	Early morning departure and transfer direct to Toulouse airport for onward journeys.

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Note a more precise description of yoga practices will be provided nearer to the time but will incorporate a variety of yoga based practices such as breathing, meditation, movement, chanting and more.

TRIP COSTS

OPTIONS:

1) Twin room share with shared bathroom facilities £1,399.00 pp

We have 8 spots available at this rate

2) Twin room share with private ensuite facilities £1,549.00 pp

We have 2 spots available at this rate

3) Single room with shared bathroom facilities £1,699.00 pp

We have 1 spot available at this rate

Non-refundable deposit of £150 secures your spot.

Prices are inclusive of^:

- One pick up for the group from local Castres train station to retreat venue (you will make your own way & at own cost from Toulouse airport via train to Castres, instructions & guidance will be provided cost estimate E20-30)
- One return airport transfer for whole group from venue to Toulouse airport at end of retreat, timing tbc estimate early morning Saturday
Note: please bring 1 small to medium size luggage (+ hand luggage) to help with transfers which will be by car, space limited, thanks.
- All meals, breakfast, lunch and dinners + drinks (tea, Coffee, water) during the Retreat at the venue, with the exception of our trip into the village of Lautrec where we will have lunch at your own expense and choice. Cuisine at the Chateau will be vegetarian based food, vegan where requested and please advise of other food requirements so we can check available. Note this is an alcohol-free retreat but you may choose to have wine/a drink with your lunch out in Lautrec
- All yoga practices and other activities as detailed
- Yoga mats and other props will be provided, (mat, blanket, cushion + strap) you are welcome to bring your own
- 1 massage at the venue, note this will be provided by a male masseuse who comes highly recommended
- Support throughout the trip and hosting by experienced teachers and organisers, Lindsey Porter and Judy Cameron.



Extras you need to cover, what's not included:

- Buying/arranging your travel to and from your starting point to the designated meeting point in France (which may include flights, trains, buses, other modes)
- Travel Insurance (compulsory to have to join the trip)
- Spending money during the trip
- Any associated visa and passport costs, cost of any vaccinations required
- One lunchtime meal during the Retreat stay when we visit the village of Lautrec, any food on your travel to and from the start/end of the retreat.
- Any additional trips or activities outside of the scheduled itinerary
- Anything else not mentioned above.



Aerial view of our charming Chateau venue

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YOUR HOSTS for this trip

Judy Cameron | footofthemountainyoga.co.uk

As the current Lead Tutor for the Yoga Scotland 500 hour Teacher Training Diploma in Edinburgh, Judy has a deep interest in passing on her knowledge to others. In 2005 she also established the YogaBirth Teacher Training course and is a British Wheel of Yoga Module Provider.

Judy currently teaches a variety of classes from Kingussie to Aberfeldy in Scotland. She attended her first yoga class in 1974, training initially in South India at the Sivananda Vedanta Ashram. It was after her return to the UK that she met John Stirk, Sandra Sabatini and Diane Long, all of whom had studied with Vanda Scaravelli. This encounter opened the way towards a new understanding - how a more intuitive approach to practice could allow something more beautiful to evolve.

A qualified nurse and midwife, Judy lives in a beautiful old farmhouse in the Scottish Highlands - at the foot of a mountain overlooking a loch.



Lindsey Porter @yoganuu | yoganuu.com

Lindsey is passionate about the benefits yoga movement can bring to all minds and bodies. She has been integrating and sharing wellbeing practices since 2006. A yoga Tutor for Yoga Scotland for the Foundation Course since 2018, she enjoys helping others on their yoga path. She also enjoys writing, is an NLP practitioner and Reiki Master.

Prior to teaching yoga full time Lindsey spent over 20 years working in the Financial Services Industry in Project Management delivering global change projects.

Lindsey enjoys fusing different yoga styles and learnings such as; Hatha, Curvy & inclusive Yoga techniques, Chair, Face, Yin and myofascial release. Alongside mindfulness and meditation techniques and the use of sound and chanting.

Lindsey is a published author with articles featured in wellbeing magazines and her debut book '*Whirlpools, yoga and the balance of life*'. She is based near Falkirk, Scotland and lives in a neurodivergent home with her family.



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MORE ABOUT OUR ACCOMMODATION

Chateau de Montcuquet – This chateau and venue for our Yoga Exclusive is currently the family home of the Ross family - Sunshine, Glen, Ocean and Sky, whom Lindsey knows.

Chateau de Montcuquet stands on a hill just outside the medieval village of Lautrec, one of the most beautiful villages in France (Les Plus Beaux Villages de France www.francethisway.com). It's the perfect yoga retreat venue in France.

There is a very, very old folk story that talks about a utopian paradise called Pays de Cocagne. It is a mythical place of plenty and ease- a stark contrast to the actual medieval reality. It is marked to be an area triangulated by the towns of Albi, Carcassonne and Toulouse - the Triangle of Gold!

Within the triangle, sits our village of Lautrec. On a hill with a view of the village, stands the castle with its three towers, three floors, three wings, three wells, a courtyard, a dungeon, a small, manicured garden at the entrance and woods at the back. The tree lined driveway is overlooked by a dovecot with the dating from 1662. The castle itself dates back to the 1300s as old archives indicate.

The rooms have been converted to yoga halls, meditation rooms, living spaces, relaxation places, and of course, lodging for yoga students and guests for us to enjoy!





USEFUL LINKS

Lautrec our nearest village: <https://www.francethisway.com/places/lautrec.php>

Other nearby points of interest should you choose to extend your stay in the area: Albi – A UNESCO World Heritage Site, the Episcopal City of Albi welcomes you with its majestic cathedral, its renowned Toulouse-Lautrec Museum <https://www.albi-tourisme.fr/en/decouvrir-albi/>

Carcassonne - located in the Occitanie region of southern France, is world-famous for la Cité—a spectacularly restored, walled medieval fortress. Featuring 52 towers and 3km of double ramparts, this UNESCO World Heritage Site offers a breathtaking look into 2,500 years of history. <https://whc.unesco.org/en/list/345/>

Toulouse - Toulouse, capital of France's southern Occitanie region, is bisected by the Garonne River and sits near the Spanish border. It's known as La Ville Rose ('The Pink City') due to the terra-cotta bricks used in many of its buildings. <https://www.toulouse-tourisme.com/en/>



Village of Lautrec



GENERAL INFORMATION ARRIVALS PROCEDURE

KNOW BEFORE YOU GO

ELECTRICITY - It is best to buy a UK-to-France plug adapter before you travel should you need one during your stay. You need a Type C (simple devices like phone charger) or Type E/F adaptor (high powered devices like laptop) to convert a UK 3-pin plug into a French 2-pin socket. France operates at 230V, perfectly matching UK voltage, so a simple plug adaptor is sufficient

DRESS – relaxed and comfortable. Yoga attire you can practice in. Suggest bring some layers to accommodate potential different temperatures during April in France and our stay.

TEMPERATURES

Typical temperatures for April:

Lautrec/Toulouse: High 17C low 6C

If heating is required in the venue there are blankets, hot water bottles and portable oil heaters. The venue stays cool in heat. We are anticipating the temperatures to be comfortably warm during our stay.

HEALTH - Please consult your doctor about any required vaccinations and any other medical requirements.

Note Hay Fever could be an issue for some in this area at this time.

Re bugs and mosquitoes typically not present in April but may be a few around

SUGGESTIONS FOR STAYING WELL IN FRANCE:

- Keep hydrated and take reasonable precautions against the sun if required
- Consider insect repellent and creams for bites appropriate for you
- Consider any medications you need to take with you

FACILITIES AT THE VENUE

Water from the tap at the Chateau is safe to drink

Toilets are all of Western design and toilet paper can be flushed

Hairdryers are available for use

Towels are provided

MONEY & SHOPPING

In this area cash and cards are accepted in most places. There is an ATM in Lautrec.

TIPPING – not expected or the norm

LAUNDRY - is available at our venue for 5 Euros per load

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LUGGAGE – to help with transfers we encourage you to bring a small to medium size bag with your belongings with you plus your personal bag.

PAPER COPIES – consider taking with you photocopies of your travel documentation and e-visa as a backup should anything go missing. I will also ask for a copy of your passport details, flight info and travel insurance as a backup.

WIFI – is available in our venue, although may be variable due to the thick castle walls. We encourage you to minimise time spent online and which technology during your time here.

YOGA PROPS – At Chateau Montcuquet we have yoga props we can borrow (no charge) this will include yoga mats, cushions, straps and blankets. If you prefer to bring your own equipment that is ok.

OTHER ITEMS TO CONSIDER BRINGING:

- A simple hand fan can be your best friend!
- Hat, sunscreen, warm clothes, hand sanitizer, toilet roll, wet wipes
- In the event of mosquito bites - tea tree oil, antihistamine, tiger balm (avoid the red kind to avoid stains)
- A day bag with zip so helps keep things as secure as possible. A whistle for safety to attract attention in case of need Some spare bags for general and varied use!
- A small towel (bath towel will be provided plus access to a hairdryer)

Get in touch to book your spot or any queries ☺

PICTURES

Map of Yoga location in Southern France

