

Compassionate Care Retreat in Foix

How does a four-day retreat in the French Pyrenees sound? I would love nothing more than to share a few days with you this coming February. We will be guests at La Ciboulette, a tranquil inn with lovely en-suite double bedrooms, a welcoming dining room with an open fireplace and a gorgeous meditation room. We will have the entire property to ourselves and be graciously cared for by Leela, who owns and manages this center, **February 17-20, 2020.**

If you have had dreams of the French countryside and time connecting with other like-minded women, please consider my invitation. Over four days together, our activities will provide time for compassionate self-care and developing your thoughts on how you may offer this care to others. We will take time for daily meditation, yoga, walks and rich discussions on healing and the role of Gemmos – and be nourished by lovingly prepared meals.

Dates: Monday, Feb. 17, starting at 5 p.m. (you may arrive as early as 3 p.m.) to Thursday, Feb. 20, at 2 p.m.

Place: La Ciboulette, Foix, France

Accommodations: Shared double rooms with en-suite full bath

Meals: Plant-based, gluten-free meals, beginning with an evening meal Feb. 17 and ending with lunch Feb. 20

Pricing:

- **Full retreat price**, including three overnights and meals (Monday dinner – Thursday lunch): \$350 USD, 315 Euro
- **Full retreat, day price**, no overnight accommodation, including meals (Monday dinner – Thursday lunch): \$285

USD, 255 Euro

- **Extra nights** in your assigned room, with breakfast and dinner or lunch before Feb. 17: 40 Euro per night, arranged directly with Leela, La Ciboulette at laciboulette-foix@outlook.com
- Alternative lodging after Feb. 20 is readily available in Foix or Toulouse.

Travel: Travel arrangements are not included in these prices. Flights should be arranged into the Toulouse airport. Options for travel between Toulouse and Foix include car rental and a 1.5-hour easy drive into Foix on the motorway. Once you leave Toulouse, there are no major cities, and directions are quite simple into the village.

Alternatively, there is a direct express shuttle bus every twenty minutes from the front of the airport to the Montabiau train station in central Toulouse. Direct trains run between Montabiau station and Foix approximately every hour. Arrangements can be made with Leela for pickup at the train station in Foix. There is an excellent train app, Trainline EU, to view train schedules, purchase and save your tickets.

If traveling internationally, I would advise planning to arrive no later than Sunday to give yourself time to make the necessary connections.

There is a newly-built, good-quality NH hotel adjoining the Toulouse airport if you prefer staying there overnight on your arrival or departure date. The entrance is at the end of the terminal.

Please note: English is spoken at the car rental, bus terminal, train station and hotel. You can also communicate with Leela in English.

Photo by Tournasol7