



# Accomplishing Wellness Ltd

REALISING LIFE POTENTIAL

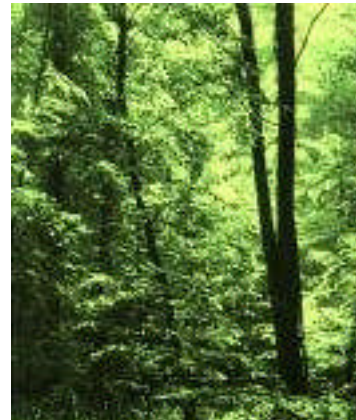
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LIFESTYLE CONSULTANTS

## The French Experience

Welcome to our programme of sensory heaven in the beautiful French countryside.


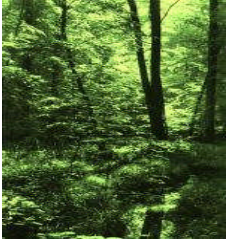





### Le Tetre, Brittany, France

French farmhouse and barns recently renovated **manoir-style** set in the Perche (between the forests of Bellême and Perseigne), one of France's most picturesque regions.

<b>Tuesday 19<sup>th</sup> September</b>	Arrive mid afternoon
15.30	Afternoon Tea –Welcome and introductions
17.00	Relaxation exercise
19.00	Happy Hour
20.00	Dinner
21.30	Getting to know you – setting out boundaries

Wednesday 20 <sup>th</sup> Sept	Group A	Group B
07.15 Hatha Yoga 08.00 Breakfast & Briefing		
09.00- 11.00	<b>Spa Treatment:</b> <b>Theme: The Senses -touch</b>	<b>Painting:</b> <b>Theme: The Senses - sight</b> <b>Writing:</b> <b>Theme: The Senses - imagination</b>
11.00- 13.00	<b>Painting:</b> <b>Theme: The Senses - sight</b> <b>Writing:</b> <b>Theme: The Senses -imagination</b>	<b>Treatment:</b> <b>Theme: The Senses -touch</b>
13.00 Lunch		
15.00	<b>Walk:</b> <b>Theme: Move well</b>	
16.30	Tea	
17.00	<b>Jacuzzi/Spa Treatment</b> 	<b>Theme: The Senses – sensual pleasure</b>
18.00- 19.00	<b>Storytelling:</b> <b>Theme: The Senses-imagination/reminiscence</b>	
20.00 Dinner Music and Barefoot Boogie		

<b>Thursday 21<sup>st</sup> Sept</b>	<b>Everyone</b>	
	07.15 Hatha Yoga 08.00 Breakfast & Briefing	
09.00		Morning Walk
11.00-13.00	Blending Oils for personal use: <b>Theme – the senses-smell</b>	
13.00	Lunch	
15.00	Emotional intelligence	
17.00	Hand massage	
18.00-19.00	Around the campfire: Sharing stories	
20.00	Dinner	
21.30		Music and relaxation

<b>Friday 22<sup>nd</sup> Sept</b>		
	07.15 Hatha Yoga 08.00 Breakfast & Briefing	
09.00- 13.00	<b>Group A</b> Neck and shoulder massage on each other	<b>Groups B</b> Treatment/Jacuzzi
13.00	Lunch	
14.00	<b>Depart</b>	