



Nearest Airport

Blagnac Airport is the closest hub to Le Martin. The airport accommodates regularly scheduled domestic and international flights.

Please book your flight arrival at Blagnac for Monday, June 27, 2011 and your departure on Monday, July 4, 2011.

Transportation between the airport and Le Martin will be provided. Contact us for information regarding specific visa entry requirements.



~ Your Hosts ~



Daniela Bryan
International
Business &
Executive Coach
PCC



Frank Duncan
Certified
Professional
Trainer

What past participants had to say:

"R&R exceeded my expectations and I hope it will be possible to have an encore!"

"It was a true 'retreat' from the demands of daily routine which created an amazing environment for nurturing one's body and soul."

"My gratitude for creating such a beautiful emotionally safe place for self realization."

"It is a life changing experience."

Please contact us with any questions or to register for the retreat.

For more information, visit us online at:

<http://dbcoach.com/renewal-reflection-through-culture.html>

831-477-7724

Renewal & Reflection Through Culture Retreat

**A Balanced Cultural Discovery into Self,
Mirrored by the Beauty of France**



June 27-July 4, 2011
Le Martin Eauze
France



2011 Renewal & Reflection Retreat



Renewal & Reflection Fees

\$2,999 per person double occupancy
(min participants 6, max 12)

Included Costs:
Accommodation, Breakfasts,
Dinners, Local Transportation,
Activities, Entrance and Rental Fees

The trip might be tax deductible for
personal development and business
coaching. Consult with your tax advisor.



Of all the many gifts we can give ourselves in life, the most rare are the times for reflection and renewal of our spirit, the opportunity to surround ourselves with a quality of beauty uncommon to our everyday life, a chance to encounter new ideas and thoughts that hold the potential to transform our life, and finally the rare opportunity to step out of our ordinary life and enjoy the company of people we dearly love or meet new friends without the pressure of a daily work schedule.

Here is what we have created for you:

Please join us for a week of well-balanced cultural exploration and journey of discovery, based at Le Martin, a fully renovated, private French castle. The castle has been decorated with six individualized bedrooms and living quarters to the highest standards and with the art of living in mind.

Please note, this is not a sightseeing trip, rather a discovery into what matters most to you, to renew and reflect as you relate to the local culture.

Of all the many reasons we can offer you to consider joining us on this trip, consider how rare it is that you have the chance to enjoy a life changing atmosphere that is a constant experience of beauty and history, combined with a personal program of self-reflection through art, writing, food, physical fitness and nutrition.

Pure soul food through extreme self-care!

We look forward to having you join us.

Dany & Frank

Daily Activities will include:

Exercise

- Workouts and morning stretches with Frank
- Bike riding to and around town
- Canoeing on the Baise river
- Hiking along St. Jacques de Compostelle
- Guided meditations

Art Exploration

- Visit Musee des Augustins
- Creating art for the non-artist in you
- Organ concert in the former Monastery

Creative Writing

- Exploration of Antoine de Saint-Exupery's The Little Prince
- Exploration of Sartre
- Journaling and reflective studies



Food

Exploration of French local cuisine through visits to restaurants, cooking class with French chef, visits to local markets, our group cooking in Le Marin's fabulous kitchen, experiencing pate de foie gras, cheese, wine and armagnac tastings

Coaching

Group coaching throughout the trip, one-on-one coaching about personal or work related issues for each participant available