



A week of mindful living in South West France

at Simply Canvas 24-31 May 2019

Be inspired on how to integrate mindfulness in your daily life



Bring mindfulness into your daily life



Enjoy a mindful holiday



beautiful organic/local meals



Spend some lovely time together

Mindful living at Simply Canvas in South West France



Simply Canvas



Discover the permaculture garden



Of course included; coffee and croissants



Enjoy a walking meditation in Plum Village

General information:

A week of mindful living is an excellent opportunity to immerse yourself in relaxation and enjoyment and **learn how to include mindfulness in your everyday life**. This means that the program is a combination of holiday and contemplation. It allows and helps you to find mindfulness in all that you do whether this is more formal sitting meditation or going to the market to have coffee and croissants.

Your Hosts

The week is guided Max & Katharina and Sandra & Santi. Max, Sandra and Santi are former monastics of Plum Village, the Buddhist monastery of Zen master Thich Nhat Hanh who brought mindfulness to the West. These two married couples, who each have over 20 years of meditation practice and experience, will share with you how they are practicing mindfulness as a way of life.

Program

Some formal training, like meditation or contemplative exercises, will be alternated with informal outings. Most days will start with yoga and/or meditation. There will be a visit to Buddhist monastery Plum Village, but of course an outing to a local farmer's market or a nice walk in the countryside cannot be missed. There will be a question and answer session with your hosts, specifically focused on how to include mindfulness in your daily life. There will also be an opportunity to share about life in the monastery together with several other outings or exercises.

Location

The week will take place at Simply Canvas & Permaculture the farm of Sandra and Santi in the beautiful countryside of South West France. You can either sleep in a holiday home or a fully equipped safari lodge tent. Situated on 5 hectares of land with a pool, beautiful views and a permaculture garden. Simply Canvas is also well known for their excellent meals which are local and organic.

Practical information

Language: The week will be conducted in German and/or English (translation to German and or English available)

Date: 24-31 May 2019

Place: Simply Canvas, Bonac, 47120 Saint Jean de Duras (vlakbij Bergerac), Frankrijk.

Price: €850 in a shared 2-person accommodation, including three (organic/local) meals a day and all activities. Excluding your trip to Simply Canvas (€150 extra for a 1-person accommodation)

Travel: Fly to Bergerac where we come to pick you up or to Bordeaux airport (from which you take the train to Sainte Foy la Grande where we come to pick you up)

Subscribe/contact: Sandra & Santi at hello@simplycanvas.eu / www.simplycanvas.eu or Max at i.max.kaden@gmail.com



Enjoy walks



Learn about monastic life and how to bring mindfulness in your own life



Share stories around the campfire



Local/organic food



Safari lodge tents



White cottage



Swimming Pool



Stone Cottage



Inside safari tent