

PRACTICAL INFORMATION

The Mediterranean Pyrenees have one of the best climates in France with an average 300 days of sunshine per year. The area is also famous for its fascinating history, rich culture and extraordinary natural beauty.

Vernet-les-Bains is an ancient spa-town situated 600 meters up the snow-capped Canigou Massif, offering weekly markets, shops, restaurants and cafés, parks, a sports centre, casino and thermal baths. During *La Belle Epoque* of the late 19th century, Vernet was the favoured health resort for artists, writers and the aristocracy.

Le Village Catalan (www.acaciaresorts.com) is a small village of 12 houses overlooking Vernet-les-Bains, only 5 minutes walk from the town centre. Each house comprises one, two or three bedrooms, lounge with fireplace, kitchen, bathroom and toilet. The architecture is medieval Catalan, and each house has a private, sunny terrace with spectacular, unobstructed views over the town and the mountains.

How to get here – There are direct flights from London and Paris to Perpignan, and also fast trains (TGV) directly from Paris or Lille (Eurostar), as well as trans-european coaches (Eurolines).

What to bring - The weather is usually warm and sunny in May and September. However, mountain air can be cool when the sun sets, so it is advisable to bring a range of clothes to suit the changing temperatures. You also need to bring a pair of walking shoes or boots. For the workshops you'll need two notebooks, a pen, coloured pencils, loose-fitting clothes, a swimming costume, and a cosy wrap or blanket.

The price (including accommodation, meals, outings and workshops + transport to and from Perpignan on designated arrivals) is

1150 euros / GBP 799

Optional supplement for single room w/private bathroom:
+200 euros / GBP 138

How to contact us -

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10 DAYS TO BETTER HEALTH

at the Village Catalan, Vernet-les-Bains in the French Pyrenees
with naturopath Kirsten Hartvig ND



10 DAYS TO BETTER HEALTH is a retreat programme for everyone who wants to be healthier, calmer and full of energy. It is designed to give you time and space to gently re-educate your body to heal itself, and provides a unique opportunity to deal with accumulated stress and tiredness. The daily routine includes a range of proven natural healing techniques, and you will enjoy the benefits of thermal baths, mountain air and a superb climate in a true mountain retreat setting. *These could be the most important ten days of your life.*



The retreat is led by Kirsten Hartvig, a registered naturopath and medical herbalist. She is a member of the British Naturopathic Association and the National Institute of Medical Herbalists and the author of 8 books, including the bestsellers *The Healthy Diet Calorie Counter* and *Eat for Immunity*; plus the widely acclaimed *You Are What You Eat* and, most recently, *365 Quick and Healthy Recipes*. Kirsten's main interest lies in helping people to take charge of their own health by using easily available foods, medicinal herbs and simple naturopathic techniques. Since 1994 she has been running retreats and courses on the art of living and healing naturally. Kirsten will be designing the menus and supervising the food preparation, and there will also be opportunities for private consultations.

THE PROGRAMME

Retreat dates in 2005:

MAY **Wednesday the 4th to Sunday the 15th**
Wednesday the 18th to Sunday the 29th

SEPTEMBER **Wednesday the 7th to Sunday the 18th**
Wednesday the 21st to Sunday the 3rd October

Wednesday – ARRIVAL

Pick up from Perpignan, if required. Registration at Le Village Catalan, and settling in to your house before dinner at 8pm.

Thursday – Retreat Day 1 – BEGINNINGS

On the first day, the emphasis is on getting to know a new place, experiencing new tastes and sensations, anticipating what is to come.

Workshop theme: BREATHING

Outing to *Mariailles (1718m alt.)*, a mountain refuge on the Canigou Massif.

Herb: peppermint. Essential oil: eucalyptus

Friday – Retreat Day 2 – CHANGING

On the second day, there is a growing awareness of the impact of past stresses on bodily health and function.

Workshop theme: STRETCHING

Walk to enjoy the views at *Pic Alzina (1017m alt.)* and *Le Jardin de l'Hiver*.

Herb: fennel. Essential oil: sweet marjoram

Saturday – Retreat Day 3 – CLEANSING

On the third day, the body, mind and emotions start to release accumulated toxins, thoughts, frustrations and anxieties.

Workshop theme: HYDROTHERAPY

Visit to the natural hot springs at *St Thomas-les-Bains (1309m alt.)*.

Herb: thyme. Essential oil: pine

Sunday – Retreat Day 4 – HEALING

On the fourth day, you will feel the depth of your accumulated tiredness, and begin the process of self-healing.

Workshop theme: AROMATHERAPY

Herb: st john's wort. Essential oil: marigold

Monday – Retreat Day 5 – RESTING

On the fifth day, there is a need for complete rest.

Workshop theme: RELAXATION

Quiet day.

Herb: chamomile. Essential oil: lavender



Photo: Martin Johansen

Tuesday – Retreat Day 6 – REVIEWING

On the sixth day, there is a review of the past, and of the influences and experiences that have shaped your life and your personality.

Workshop theme: SELF AUDIT

Trip to the ancient mountain monastery of *St Martin du Canigou (1055m alt.)* where today's workshop takes place.

Herb: nettle. Essential oil: rosemary

Wednesday – Retreat Day 7 – TRANSFORMING

On the seventh day, you start to transform and let go of those things from the past that separate you from health and peace of mind in the present.

Workshop theme: AUTOSUGGESTION

Herb: yarrow. Essential oil: lemon balm

Thursday – Retreat Day 8 – AWAKENING

On the eighth day, vitality and enthusiasm for life start to increase.

Workshop theme: MEDITATION

Visit to the caves, *Les Grandes Canalettes*, by Villefranche-de-Conflent.

Herb: angelica. Essential oil: frankincense

Friday – Retreat Day 9 – INSPIRATION

On the ninth day, your awakening higher nature allows new concepts to enter your mind which inspire and encourage.

Workshop theme: MUSIC & MOVEMENT

This workshop is led by composer and pianist Nic Rowley.

Herb: vervain. Essential oil: sandalwood

Saturday – Retreat Day 10 – NEW BEGINNING

On the tenth day, you can look to the future refreshed in body, mind and spirit, and with a new confidence in your self-healing ability.

Health workshop theme: CEREMONY & RITUAL

Farewell party.

Herb: oats. Essential oil: rose

Sunday – DEPARTURE

Transport to Perpignan, if required.