

Retreat to the French Countryside

WITH SARAH TAYLOR

MAY 29-JUNE 5, 2027
DOMAINE DE MOURNAC, FRANCE

A NOTE FROM SARAH

To live in France is to live with intention. The French make time to appreciate the finer things in life, from food to art and everything in between. To retreat to France is to press pause and to allow your imagination to flourish.

Ever since I watched my first French film – *Les Choristes* – in 2004, I have sustained a deep love of France and for its culture, history, and culinary tradition. Since 2014, I have studied in and traveled to France seven times and speak near-fluent French.

For my 2027 retreat I chose to return to the same villa in southwest France as my 2025 retreat, because of the Domaine's uniquely welcoming staff and peaceful environs, nestled in a remote, mountainous region near the French border with Spain.

Once you step foot on the grounds of our idyllic retreat center (your home for the week) and personally experience the gift of the French *l'art de vivre*, you, too, will understand. There is more to life than a breakneck pace and endless to-do lists.

On retreat, I will select readings and carefully craft journaling and writing prompts to anchor you in the place and moment. As a group we will share our stories and uncover the deeper meaning behind our yoga and meditation practices that shape us as people. We will allow the French countryside to inspire us and meet authors, winemakers, musicians, and chefs along the way.



I craft each of my retreats to balance rigorous movement and meditation with thoughtful group discussion and hand-selected cultural immersions.

Retreat is about so much more than a vacation. Retreat is an intentional (at times intense) reset for your mind, body, and nervous system that gives you the time and space you always intend to make at home to contemplate what matters to you and how you show up in your life, both at home and abroad.

Think of retreat as a blank canvas, a fresh start to align on your true priorities and values.

I hope you will join me in France in 2027!

– Sarah Taylor











“I loved this yoga retreat so much and **would absolutely recommend it to friends who are avid practitioners as well as beginners**. Sarah put together such a well thought-out agenda and made it so much more than a yoga retreat but a cultural experience.”

— Shelby, France Retreat 2025





THE PROGRAM

Our eight-day France retreat seamlessly combines yoga asana and philosophy with guided meditation and group writing sessions.

We cap our retreats at ten participants to ensure a high-quality, hands-on experience for everyone. Formal, structured activities will include daily (sometimes twice daily) yoga practices, languid group meals overlooking the rolling hills the Languedoc, cultural discussions with local experts, an immersive sound bath, and restorative massages.

In the afternoons, we will meet some of the chefs, winemakers, and locals shaping this region. We will gather around the table at Emma Kershaw's *La Maison du Rire* and sample our way through delectable, hyper-local cuisine and wines from the Languedoc-Roussillon region. We will stroll Jen Buck and Didier Ferrier's organic vineyard, Swallow Hill, and learn how they produce excellent wine while working in harmony with the natural environment. We will wander the stone-lined, winding alleys of the medieval fortress of Carcassone. We will wake with the sun summit a nearby mountain and meditate on its quotidian arrival in the sky.

In your free time—which we purposefully build in — you can swim, read, journal, nap, stroll up the hill to the neighboring vineyard, and relax under the olive trees or beside the pool. The only thing to mark your days? The sun's gradual progress across the sky and the whisper of wind in the pines. You will live in accordance with nature and spend most of your days on retreat, outside.

This balance of structured activities and unstructured free time is what allows you to surrender and let go. Everyone is drawn to retreat for different reasons; you will discover or explore your reason to be here with us in France. Everyone arrives on retreat to figure something out. Sarah, as your guide and teacher for the week, will hold the space you need to do this deep inner work.

(Please note, all activities, at the retreat center or beyond, are entirely non-compulsory.)

We will introduce you to brilliant, creative people living in Occitainie, and we will talk about the writers and artists who have shaped this country. You will make new friends and eat delicious food. You will step away from your world and step into France and discover what arises for you here.



A BRIEF OUTLINE OF *A WEEK ON RETREAT WITH SARAH*

SATURDAY MAY 29

Guest arrival

You will arrive mid-morning in Toulouse and our private driver will transfer you to the Domaine, our private villa. We will enjoy our aperitif and a welcome dinner out on the terrace.

SUNDAY MAY 30

8am — 8:30am **Coffee and tea,** our daily pre-yoga ritual

8:30am — 10am **Morning yoga**, led by Sarah. Each yoga practice will be curated to the needs of our group. Sarah will align with each particpant in advance of the retreat on their specific yoga needs, goals, and any relevant details to their practice.

10am — 11am **Breakfast** of fresh pastries and seasonal fruit.

12pm — 1pm Immersive **sound bath** and crystal bowl performance led by local musician.

1pm — 2:30pm **Lunch** on the terrace

5pm — 6:30 pm Afternoon **yoga and guided journaling**

7pm **Apéro, followed by dinner**

We will gather during apéro to discuss the day that was and the day ahead.

MONDAY MAY 31

8am — 8:30am **Coffee and tea** in the breakfast nook

8:30am — 10am **Morning yoga** session, followed by free-writing time.

10am — 11am **Breakfast** of fresh pastries and seasonal fruit.

11am — 4pm Excursion and guided tour of the medieval city of **Carcassonne**. Lunch on your own in the medieval town center

7pm **Apéro, followed by dinner** where we discuss the day's theme and have a lively group discussion over our meal.

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TUESDAY JUNE 1

8am — 8:30am **Coffee and tea** in the breakfast nook

8:30am — 9:30am **Morning yoga** session

9:30am — 10:30am Light **breakfast** of seasonal fruit.

10:30am — 11:30am Depart for the **village of Lagrasse** officially named one of 'the most beautiful villages in France'.*

11:30am — 3pm Taste the flavors of France with chef and master sommelier, Emma Kershaw, for a **gourmet tasting lunch** in her private home.*

3pm — 5pm Discover the organic vineyard and wines of American expat, Jen Buck, at Swallow Hill Vineyards. Discover how they have revived ancient winemaking techniques to revitalize their viticulture.*

7pm **Apéro on the patio**, followed by **dinner** *en terrace*

**(optional add-on)*

WEDNESDAY JUNE 2

6am — 8:30am **Sunrise hike** to and meditation on Mont Sec.

8:30am — 9:30am **Coffee and tea** (or a little nap for those who want one)

9:30am — 10:30am Warm pastries and vibrant conversation over **breakfast**

11am — 4pm **Private massages and reflexology sessions** available throughout the day*

1pm — 2:30pm Lunch on the terrace

4pm — 5:30pm **Afternoon restorative yoga session** to deepen your relaxation after your massage and reflexology work.

7pm **Apéro on the patio**, followed by **dinner** *en terrace*

**(optional add-on)*

THURSDAY JUNE 3

8am — 8:30am Coffee and tea in the breakfast nook

8:30am — 9:30am Morning yoga session

9:30am — 10:30am Breakfast cozied up in the breakfast nook.

12pm — 1:30pm **Guided conversation led by local author** and expert on the history and myth of the Cathars, Catherine De Courcy.

1:30pm — 3pm **Lunch** on the terrace

4pm — 6pm **Yoga workshop**. Topic and focus aligned to the specific needs and direction of our group.

7pm **Apéro** on the patio, followed by **dinner** *en terrace*

A BRIEF OUTLINE OF *A WEEK ON RETREAT WITH SARAH*

FRIDAY JUNE 4

8am — 8:30am **Coffee and tea** in the breakfast nook

8:30am — 9:30am **Morning yoga** session

9:30am — 10:30am **Breakfast** of fresh pastries

10:30am — 1:30pm Free program

1:30 — 3pm **Lunch** on the terrace

4pm— 6pm Structured **writing workshop**, with discussion led by Sarah

7pm **Apéro** on the patio, followed by a **farewell dinner** *en terrace*

SATURDAY JUNE 5

On our last morning at Le Domaine, we will gather one last time to talk about anything that has emerged during our week together and to say our goodbyes.

8am — 10am **Breakfast**, coffee and tea. Closing ceremony.

10am **Depart** the retreat center and transfer to Toulouse

7pm **Final group dinner** in Toulouse*

**(optional add-on)*



THE FOOD

When is the last time a private chef made you a gourmet breakfast, lunch, dinner, and snacks? For many of our retreat participants, the answer to that question is: Never!

You are in more-than-capable hands with our chef, who will accommodate all your dietary needs for our week together. Aperitifs on the stone patio are paired with gougères (cheese puffs) or parmesan crisps topped with juicy, delicate slices of tomato. Lunch is served daily on the veranda and each day features a new selection of decadent, local cheeses and charcuterie. Breakfasts are simple fare, with fresh-baked pastries and hot coffee. Dinner is more formal, with each meal plated by our chef and served in the traditional French three courses: *entrée, plat, dessert*.

When is the last time you ate a sit-down meal at home without your phone face-up on the table? What past retreat groups have loved, perhaps even more than the quality of the ingredients and caliber of execution of our meals, is the opportunity to sit down for shared meals with our full retreat group, free from the distractions of chores, endless emails, social media notifications, and screens.

Meals, just like our yoga classes, are phone-free events. When we remove the distraction of our phones, food tastes better and our conversation, our human connection, deepens. What are meals if not an opportunity to choose, actively, how we show up in this moment of communion? Of a mindful meditation on the bounty of the Earth and how She nourishes us?











“Sarah’s south of France retreat was curated with great thought and attention to detail.

“The location, including everyone we interacted with, was so perfect and serene. The itinerary was a lovely balance of activities and relaxation. I left the experience feeling **nourished and renewed**.”

— Peg, 2025 France Retreat Participant



LE DOMAINE

The Domaine, your home for our week in the idyllic French countryside, was first built in the 14th century as a single, stone carriage house. The subsequent centuries have added many layers: additional living spaces, a professional kitchen, a swimming pool, and the modern luxuries of indoor plumbing and electricity.

When our private transfer pulls up to the Domaine, the gravel road crunches under foot and the canopy of trees opens to reveal the cypress-lined drive and the cozy villa framed by French-blue shutters. Recently renovated to include a light-filled yoga studio with yoga blocks, straps, bolsters and mats, the Domaine will be your safe space to explore your physical asana and philosophical and spiritual yoga practice every day while on the retreat.

The Domaine is a place out of time and space, where the worries and busyness and concerns of daily life fall away, where you can focus solely on your wellbeing in an intentional, holistic way.

The setting itself, tucked high on the hillside above the small village of Antugnac, is bucolic. The only sounds you will hear will be the hum of insects, the chirps of birds, and the wind through the fig trees, which perfume the air with their fresh, herbaceous scent. From the Domaine, our home base for the week, we will venture to medieval Carcassonne and trace our steps along its ancient outer ramparts that have withstood centuries of conflict and invasion, and indulge in a private tasting menu lunch and organic wine tasting, plus vineyard tour near the town of Lagrasse.





After each foray out into the bustling cultural centers of Occitanie, we retreat again into our little corner of paradise to watch the stars emerge in a clear sky as the last vestiges of sunlight fade from dark sapphire blue to inky black and then wake, seranaded by birdsong, with the morning light. While immersed in the calm of our villa, it is likely you will not hear a single car or even plane overhead. In that way we imagine ourselves out of the typical flow of time and we finally reset our overloaded nervous systems.












LE PATIO













OCCITANIE

Our retreat center is a hidden gem nestled in a remote, pastoral corner of southwest France. Two hours from Toulouse (the Pink City), three from Bordeaux, and one from the walled city of Carcassonne, Antugnac is a sleepy town free of tourists, traffic, and the distractions of modern life. Distinct from the over-touristed regions of Provence and the Côte d'Azur, the Occitanie region avoids the crowds and long waits and still maintains that classically French commitment to craft, from viticulture to gastronomy and abundant, seasonal markets piled high with strawberries in the spring and tomatoes in the summer.

Occitanie is the region of the Languedoc (the langue d'Oc), the Occitan language, which was the primary language of this region until the twentieth century when public school mandated French as the standard language of education. (There are fewer than 800,000 fluent speakers of Occitan, also known as Provençal, today.)

Known as the birthplace of Roquefort cheese, Occitanie is a diverse region of France bounded by Nouvelle-Aquitaine to the west, Auvergne-Rhône-Alpes to the north, and Provence to the east. Spain and Andorra border the region to the south, and the Mediterranean Sea lies to the southeast. While less visited, particularly by American tourists, Occitanie will provide us a rich cultural, culinary backdrop to frame each day on retreat.



ROOMS AND DETAILS

The program
The cost per person for the retreat is $4,550, fully inclusive of transport to and from Toulouse, the program, accommodation, all food at the retreat center, as well as most onsite activities.

The rooms
Our retreat is capped at ten participants, two people to a room.

Each room has been recently renovated to inlude a modern, en suite bathroom.







PEOPLE

SARAH TAYLOR

Retreat leader, yoga teacher

Sarah is a yoga instructor, world traveler, and retreat leader who has guided transformational yoga retreats since 2022. With a deep passion for mindfulness, meditation, and holistic wellness, Sarah creates retreats that go beyond the typical vacation. On her retreat, yoga becomes the lens through which you explore deeper questions about life, meaning, purpose, and connection.

For Sarah, retreat is about creating space for stillness, self-reflection, and authentic community. She believes that travel has the power to shift our perspective, and that when we pair movement with cultural immersion, we open ourselves to profound growth and understanding.

Having led multiple yoga retreats to Morocco (2022, 2023, 2024, 2026), France (2025), and Turkey (2026), Sarah brings expertise and genuine care to every aspect of your retreat journey. She handles all the logistics so you can simply show up to France ready to explore, connect, and discover what retreat has to teach you.





APPLICATION PROCESS

Applications for our retreat in southwest France open on September 9 and will be accepted on a rolling basis until all places are filled.

We will be in touch shortly after you have submitted your application to organise a brief interview, but more a casual talk to get to know one another. For successful applicants, a deposit of $500 will be due within 7 days to secure your place.

If you have any questions about any aspect of the retreat, please contact Sarah at sarah@wonderingsoulsarah.com.

We do anticipate that the retreat will sell out quickly, so please contact Sarah as soon as possible.

