



WOMEN'S WELLNESS EXPERIENCE IN PROVENCE



Julie is the Founder & Director of Mountain High and Julie Lewis Consulting established in 2003. Over the last 17 years she has led multi-national teams of women and men on 60 transformational expeditions around the globe to include the Arctic and Antarctica. Julie challenges the way people think, act and dream and is passionate about sharing her diverse and often unusual experiences in business, sports and life. Born on World Health Day, she is an advocate for resilience, peak performance and optimal health. "Along with the team, I look forward to making your experience in Provence 'simply the best'!"

This unique integrated wellness camp is aimed at women in their 50's and beyond who want to build and boost their strength, flexibility, endurance and resilience surrounded by nature and supported by a team of women who have your best interests at heart. Over the 6 days you will enjoy a cross section of outdoor activities, healthy food, self-awareness workshops, lively conversation and focused sessions to help YOU live your healthiest years yet. Activities are centered around mobility Core strength | Cold water therapy/swim | Home-cooked nutritious food | Meditation | Self-Awareness Workshops | One-to One Coaching | On-Going Support | New Friends

DAY ONE - Friday 16 July

Group transfer from Nice Côte d'Azur Airport (Collection at 14:00hrs). Arrival at La Palud sur Verdon "basecamp" ±17:00 refreshments and orientation. orientation, time to explore your new home, freshen up after your flight and get settled in. Around 19.00hrs we enjoy a healthy home-cooked dinner and get to know each other more. This evening we will share an overview of the program, answer any questions you have and everyone will have the opportunity to complete their personal Peakometer as a great starting point to refer to across the week. Then it's off to bed for a good nights sleep!

DAY TWO - Saturday 17 July

6.30 - 7.00	Meditation on the deck
7.00 - 7.30	Sunrise Yoga followed by a healthy breakfast
9.00 - 10.00	Signature Strengths Workshop "Focusing on What's Strong"
10.30	Guided Hike with optional running sections. Approx 10km/ 3 hours
13.30	Picnic lunch at a scenic location
15.00 - 16.30	Return to base by foot/leisure time
16.30 - 17.15	Core strength and stretching
18.30	Meditation on the deck
19.00	Evening refreshments, dinner and lively conversation!





DAY THREE - Sunday 18 July

6.30 - 7.00	Meditation on the deck
7.00 - 7.30	Healthy breakfast
8.15	Short drive to Rougon for a hike down to the river, tunnels and cold water therapy. *Aqua Randonnee can be pre-booked for us. Highly recommended!
12.30	Back to base for lunch
14.00 - 15.00	Build & Boost Your Resilience Workshop
16.00 - 16.45	Core Strength, Yoga & Meditation
18.30	Evening refreshments, dinner and lively conversation!

DAY FOUR - Monday 19 July

6.30 - 7.00	Meditation on the deck
7.00 - 7.30	Sunrise Yoga followed by a healthy breakfast
9.00	Depart for Lac St.Croix – time for kayaking (twin and single kayaks available)
12.00 - 13.00	Picnic Lunch al Fresco then back to basecamp
14.30 - 15.30	The Four Seasons Coaching process/Peakometer Review/Accountability
17.00 - 17.45	Strength & Flexibility session
17.45	Meditation
19.00	Evening refreshments, dinner and lively conversation!

DAY FIVE - Tuesday 20 July

9.15	Bauduen for a swim/hike/or run (dependent on group)
12.15 - 13.30	Picnic lunch and transfer back to base via lavender fields & Moustiers
Free time	Reflection/one-to one coaching/chill out
19.00	Evening refreshments, dinner and lively conversation!

DAY SIX - Wednesday 21 July

6.30 - 7.00	Meditation on the deck
7.00 - 7.30	Sunrise Yoga followed by a healthy breakfast
10:00	Depart for Nice Côte d'Azur Airport (approx arrival into Nice 12:30 traffic dependent) *please book your return flight for late afternoon)



For more details: events@urbanultra.com or call +971 50 4422934

COSTS

INVESTMENT US\$ 1900/AED 7000

- This retreat is guaranteed to run with 6 people.
- The maximum group size is 9 (so you will get plenty of personal attention)

INCLUDES

Accommodation in twin sharing rooms

Group transfers from/to Nice Cote D'Azur airport

All meals as per the itinerary

All activities as per the itinerary

('we will have flexibility within the framework to make the most of weather conditions, take advantage of unexpected opportunities - and make sure everyone is happy)

A great host team!

A welcome swag bag

Workshop sessions (as far as possible these will be outside and off-line zero technology)

One to One coaching with Julie (during the retreat or post retreat if preferred)

New friends and On -Going Support

EXCLUDES

Flights

Personal expenses

Individual transfers to and from airport

Aqua Randonee (EURO 50 Euro per person)

SUGGESTIONS

- Travel Light
- Use this time to take a digital detox (there is wi-fi however we encourage you to unplug and enjoy lively conversations, listen to nature or simply BE
- Be open to trying a new way of eating - plant-based/ vegetarian
- If you are flying in the day before the scheduled group pick up please let us know and we can recommend hotels close to the Cote D'Azur airport.
- Hiring a car is also an option for those wanting to explore more of France after the retreat.

WHAT TO PACK

Exercise and yoga gear leggings/shorts/t-shirts/ sports bras/tops

Regular underwear/swimwear/sarong/wraps/socks

Fleece - yes it can be cool in the mornings and evenings!

Casual & comfy clothes

Trainers

Hiking Boots

Trek poles

Tevas/water sandals

Waterproof jacket – sometimes it rains!

Bandana/hat

Sunscreen/lip balm

Basic first aid kit & any medications you take

Notebook & Pen

Camera/Chargers

The book you have been meaning to read (or start writing one!)

