

Weeklong Retreat in Pyrenees Foothills, South France

Yoga, Meditation, Deep Rest, Nature

8 to 14 June 2026 with Caroline Lang

'To be quiet, even wordless in a good place is a gift' Wendell Berry



We will be hosted by **The Viveka Retreat Centre** in the heart of Ariège, a lovely and elegant 3 storey house converted by Claire-Louise and Jon, who moved here from Bristol. There is a river for cool plunges, accessible walks through forests, hills and valleys, views of the mountains. This retreat will provide a space for your radical rest, the opportunity to drop underneath habitual patterning, roles, responsibilities, to nurture inner presence and rekindle joy and ease.

I have been teaching yoga and meditation for about 35 years, and Scaravelli inspired yoga and deep rest for about 20. My approach is not a method but a deep, kind, spacious settling into life through the body. **For more information visit www.carolinelangyoga.com.** As well as the classes and one-to-ones that I teach from my home in Devon, I have much experience of holding groups and retreats in UK and also the French Alps.



'Caroline is a very special yoga teacher. Practising with her leaves me feeling enriched, more connected and at ease with all aspects of my life. She teaches in a way that is very whole, embracing yoga in its fullness. Her precise and clear words and kind hands suggest the depth of her own inner exploration. I experience her teaching as graceful, grounded in the present, fresh, creative and alive'. Clare



Mornings will be in silence and dedicated to practice in the studio space which is a converted Grenier at the top of the house with wooden floor and original beams, overlooking the river and views of the mountains. Guided meditation before breakfast, followed by a long slow subtle yoga session interwoven with deep rest. After lunch, time for more rest or to immerse in nature, alone or with others.

There will be a 'Moving into Stillness' session before supper then an evening group session of either chanting, sharing circle or dusk walking meditation to settle us into deep rest meditation and the quiet of the night.

Three vegetarian/vegan meals a day, cooked by Claire-Louise, using locally sourced ingredients. There will be no alcohol served.

The house is spacious with a gorgeous sitting room, dining room with windows onto the terrace, a large kitchen. Opportunity to relax alone or with others indoor or out. Outside there is a meditation hut, gardens and two woodlands, one of which has a meditation circle with tree stumps arranged for sitting.



There is a **variety of lovely accommodation** in single and some shared rooms. And the option for glamping in a Bell Tent in the garden. The house is exceptionally comfortable and cared for with wonderful attention to detail.





The intention is that your time on retreat in France will allow for you to find your own rhythm and the freshness inherent in that. The 'holding' of the place and the silent practice mornings are conducive to depth. There is enough space in the schedule that you can rest as much as you would love, and connect with the special surroundings.

There are abundant possibilities for **afternoon led or solo walks** to places such as the Col de Marrous, Chapelle de St Joseph, Nescus. The encouragement will be to switch off devices, to not go anywhere in a vehicle for the week, a true balm for our body, mind and heart.



In terms of travel, there are overnight trains direct from Paris to Foix (20 minutes drive away), day trains, mostly via Toulouse. A combination of coach and train works out cheaper. Nearest airport is Toulouse. I would encourage you to carefully consider how you travel so that it can feel like your retreat starts when you leave home and to book early.



I am certain the welcome of this gentle place will be felt the moment we arrive.



Retreat starts late afternoon on 8th, finishing after lunch on 14th. I would love to share this special opportunity with you. It is incredible what can flourish when we come together and share practice and place in a kind way that deeply honours who we are, how we are and what supports our path and good ways of living for ourselves, for the world.

Costs and other details

£895 in a room sharing with another (£875 Early Bird)
£965 if you would like your own room (£945 Early Bird)
£795 sharing bell tent with another (£775 Early Bird)
£875 in bell tent on your own (£855 Early Bird)

Early Bird is for bookings before end of February.

The above costs include accommodation, 3 meals a day, admin, my organising and teaching. The only extra costs are your travel.

If you would like to stay an extra night to travel on the Monday you can pay 80 euros direct to The Centre for room, supper and breakfast.

And 20 euros per person per pick up or drop off from Foix.

If there are several people arriving at Toulouse Airport at the same time, it will be possible to arrange a shared taxi.

To book simply send me an email carolinelangyoga@yahoo.com and the non-refundable deposit of £200 confirms your place. Balance due 45 days before the start of the retreat.

