



Songul Yilmaz Meier

PRESENTS
PAINTING & YOGA HOLIDAY
AT
FAYSSELLE
HOLIDAY COTTAGES SW FRANCE



May 20th—27th 2017

Relax and be inspired on a painting and yoga holiday in one of the most peaceful and beautiful locations in the Lot et Garonne regions of South West France.

Refine your watercolours and unwind with yoga all in the presence of qualified teachers, great company and stunning locations.

www.fayssele.com



The Faysselle holiday cottages are set in 12 acres of beautiful, peaceful countryside, surrounded by fields and woodland and mature gardens. Just one hour south of the better known Dordogne region, this is a beautiful area of gently rolling hills, farmed with fruit trees, arable crops and (summer) sunflowers.

Mother and son team Judy and Will welcome you to a week of total relaxation, accompanied with local produce food and wine.

Under the guidance of guest tutors Songul and Gabrielle we look forward to hosting a week designed to further your paintings skills in various stunning locations while providing a daily program of Yoga designed to help you find your inner peace on a delightful relaxing holiday.

Faysselle have nearly 20 years of holiday making experience and excellent reviews on Trip Advisor.



Watercolour Tutor: Songul Yilmaz Meier

Acclaimed fine artist Songul has been teaching Watercolour, Oil painting and Drawing and Painting at Kingston Adult Education since 2001.

Having regularly exhibited in London and Switzerland, Songul also runs private tuitions at home and in different art centres throughout the UK. Previous successful painting holidays include the beautiful landscapes of Switzerland, Lake Como (Italy) and Turkey.



Yoga tutor: Gabrielle (Avtar Nidhan)

Kundalini yoga teacher, Gabrielle has been immersed in the journey of self-exploration through Yoga & Meditation for over 10 years. She runs regular yoga workshops in London.

The practice of Kundalini builds strong core strength, muscles, immune system and flexibility. Its movements combine with breath release tensions and blockages resulting in an uplift state, a balanced mind and a sense of peace and well-being



Day trips and highlights:



Explore Villeneuve-sur-lot.



Day trip to Latour-Marliac. This amazing water lilies garden was the inspiration of Claude Monets "Les Nymphéas".



Visit Montjoi, a quaint bastille village.



Spend an afternoon learning how to make a Tourtière pastry apple and Armagnac tart traditional to the area.



Stunning rural landscapes.



Local picturesque lake perfect for painting, walking and getting back to nature.

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A typical day:

- 08:00 - 09:10 - Morning Yoga
09:15 - Breakfast
10:30 - 13:00 - Painting Tuition
13:00 - Lunch
14:30 - 16:30 - Painting tuition.
18:45 - 19:15 - Meditation
19:30 - Dinner

Day trips and activities:

- Morning trip to Valence Market.
- Trip to Montjoi .
- Day trip and lunch to Latour-Marillac Water Lily Gardens.
- Afternoon trip to Villeneuve sur Lot.
- An afternoon Pastry making class.

What's included?

- Transport from / to Toulouse Airport.
- Transport for day trips.
- 7 days accommodation.
- 5 lunches & 6 evening meals.
- Painting tuition

Spread over 5 days with varying hours

Approx 15 - 17 hours of tuition.

- Morning Yoga 70 mins
Evening mediation 30mins
- Yoga mats and equipment provided.

What's not included?

❓ Flights to Toulouse.

Suggested outbound flight

EASYJET May 20th 14:00 to arrive 16:50

Returned flight

EASTJET May 27th 17:15 to return 18:05

❓ Alternative airport/station pick ups available at additional cost.

❓ 1 x Lunch and 1 x Evening Meal out.

❓ Watercolour equipment - we advise you to bring your own art materials; however, we can provide paper and brushes can be borrowed.

❓ Entry / tour / Lunch at Latour-Marillac gardens.

*Enjoy your free time at Fayselle.....Sunbathe by the pool, swim, cycle, walk, badminton
and a chance to perfect the art of doing nothing.*

The cost of **£680 pp** is based on sharing a twin room. We have also one triple room for **£620pp** or a single occupancy room for **£750 pp**. Bathrooms are shared.

Terms & Conditions: Deposit is 50%. Balance is due by 25th March.

If a guest cancels more than 8 weeks prior to course start 75% of the deposit will be refunded. If a cancellation is received 8 weeks or less to course start date no refund will be given. Should there be a cancellation by the holiday organisation full fee will be refunded. Basic equipment and materials are provided.

Insurance Liability: Guests are advised to have travel / medical insurance in addition to an EHIC card.

Inclusive course transport to/from Toulouse airport only available on suggested flights.

Collection from Bergerac Airport or Agen Train station is also possible at additional cost.