

# Forcalquier

Forcalquier is a village with a rich history dating back to the Middle Ages when it was the capital of the Haute-Provence region. It is located between the Lure and Luberon mountain ranges, about 20 miles south of Sisteron and 5 miles west of the river, Durance.

## Getting There

The nearest airport is Marseille. There is also a TGV from Paris, which arrives in Aix en Provence. Busses, Car rental or arranged pick-up are all available for an additional cost.

## Accommodations

Several B&B establishments are available in or very near Forcalquier. Assistance coordinating home stays with local friends of the studio can be provided for early registrants.



## Retreat Program

Thursday August 9	
6:30 pm	Welcoming <i>Aperitif</i>
Friday August 10	
Morning	<b>GYROKINESIS®</b>
Evening	Art Galleries open to all
Saturday August 11	
Morning	<b>GYROKINESIS®</b>
Afternoon	Guided bike tour*
Sunday August 12	
Morning	<b>GYROKINESIS®</b>
Afternoon	Classical music concert
Monday August 13	
Morning	Le Grand Marché (no class)
Afternoon	Perfume-making course
Tuesday August 14	
Morning	<b>GYROKINESIS®</b>
Afternoon	Hike/BYO Picnic in Gorges
Wednesday August 15	
Morning	<b>GYROKINESIS®</b>
Afternoon	Cooking class
Thursday August 16	
Morning	<b>GYROKINESIS®</b>
Afternoon	Farewell Dinner
Friday August 17 <sup>th</sup>	Departure

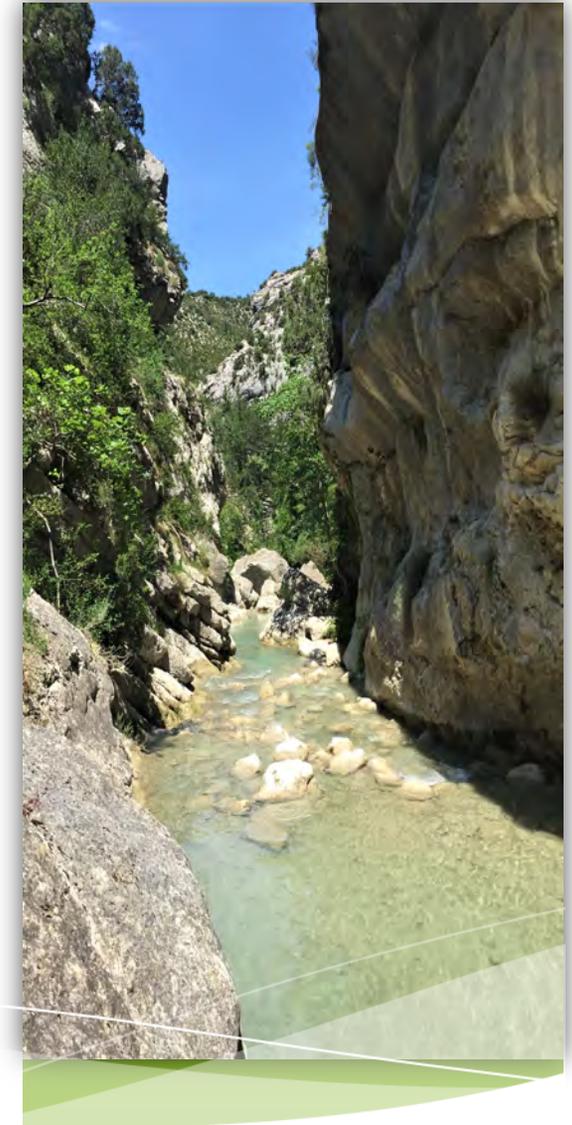
*\*Fee for bike rentals payable to local vendor.  
Times and activities subject to rescheduling.*



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**Summer in Provence**  
**GYROKINESIS® Retreat**

With Martha Mason

August 9-16, 2018

# Revive.

Join Martha for a unique and unforgettable experience in Forcalquier, the heart of the Luberon region of Provence. This week-long Gyrokinesis workshop will allow participants (new and veteran) to deepen their practice and will include specialized exercises and detailed instruction focused on purifying and gently detoxifying through dry scrubbing, self-massage and deep diaphragmatic breathing. Morning Gyrokinesis classes will be followed by optional group activities in the afternoon or evenings. Participants will have ample free time to explore the perched villages of Luberon as well as visit local wineries, shops, restaurants and artisans of Forcalquier.

**Experience the peak of Provence's natural summer beauty. Rejuvenate your body and spirit.**



## What's Included

### GYROKINESIS® CLASSES

6 days of 2-hour Gyrokinesis classes, with enhanced instruction on gentle detox practices and techniques in diaphragmatic breathing to deepen and strengthen respiration, priming your mind and body to make the most of the natural beauty of your surroundings.

### GROUP ACTIVITIES

Afternoon activities will include a guided tour of a local gorge. Once there, participants can choose to relax, hike in small groups, picnic, or indulge in a mud bath with alluvial clay, famous for its detoxifying and cleansing properties.

**A group cooking lesson** from a local chef using fresh ingredients from the area purchased from local producers. We'll enjoy the product of the lesson with some rosé from nearby vineyards.

**A perfume-making workshop** at the Université des Senteurs et Saveurs – [www.uess.fr](http://www.uess.fr). The UESS was founded

in partnership with the international retailer L'Occitane en Provence and offers both professional training for soap makers, as well as perfume making workshops for those who are curious. In this activity you will make your personal blend of perfume.

**Retreat Cost:** \$900 per person.  
*Ask about promotional rate for Upward Spiral Clients who register early.*

*Fee includes guided hike and the cost of cooking class. Fee does not include perfume workshop (45 Euros), airfare or the cost of accommodations.*

