

CURRY YOGA



A JOURNEY TOWARDS SELF-MASTERY

PROVENCE



FRANCE

A photograph of two women in white sweaters embracing in a grassy field with trees in the background. The scene is bright and sunny, with a soft focus on the background.

UNPLUG. PLUG IN. RETREAT YOURSELF.



A SIX NIGHT YOGA RETREAT
SEPTEMBER 30 — OCTOBER 6, 2018

THE DESTINATION:

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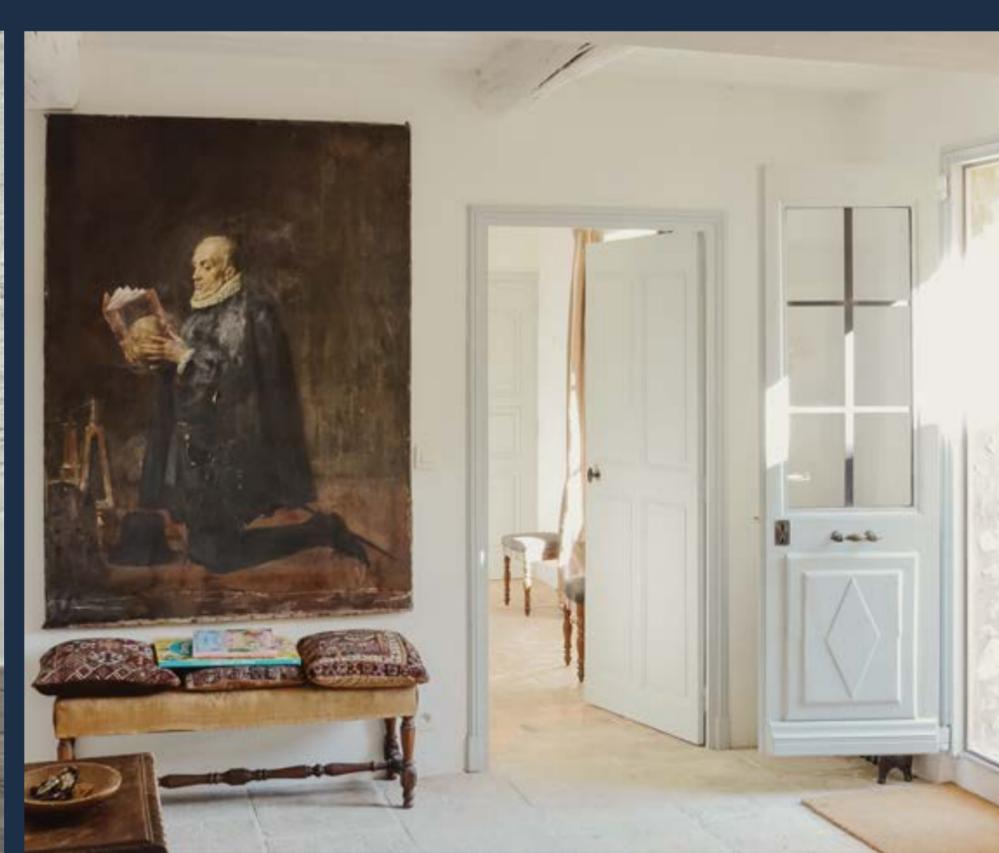
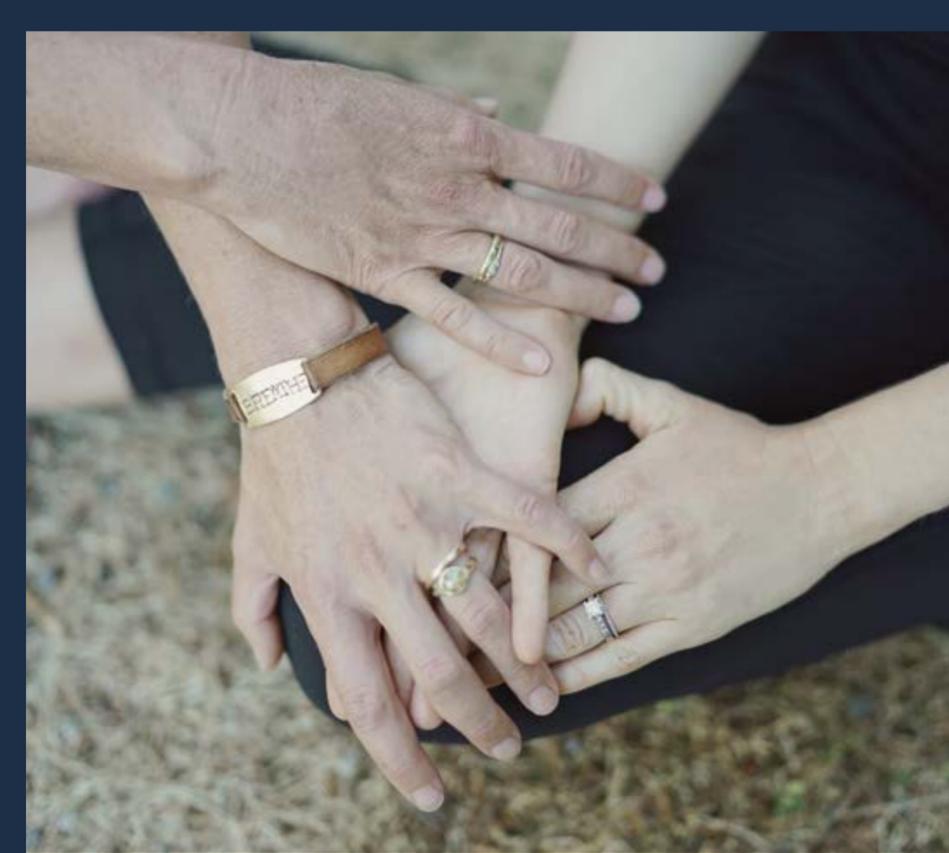
Welcome to the journey of self-mastery.

In the ways that many things exist as inseparable opposites, as sisters we blend our personalities to create a journey unlike any other. The result? Everyone, from the seasoned yoga practitioner to the novice business exec, relaxes to empower themselves.

Sometimes you need to travel the world to find what's within. We take great joy in empowering people to meet the chaos of everyday life with tranquility.

From the beach to the boardroom, we realize the importance of a personal practice and regular self-study. We also realize that evolution is a group effort, and have become experts in cultivating a unique community of strong, empowered people who work hard to earn results.

Unplug. Plug in. Retreat yourself.



ABOUT US



We are sisters, mothers, students, and teachers who are passionate about the study and practice of yoga. By breathing, meditating, and moving with intention we create a ritual of self-study and embark on a journey of self-mastery. We share the tools of this ancient practice by tapping into personal strength and our ability to surrender. Our passion is to inspire each of you to embrace a daily practice so that you can reach new depths in your life and practice.

We will encourage you to be present in your practice by tuning into the depth of your breath and accepting what is, while paying attention to growth as it occurs. With a consistent, practical approach we move beyond perceived limitations and challenge fear as it comes up so that we can embody our infinite potential and love.





HOST

ANDREA CURRY



Andrea has been practicing yoga for over 20 years, teaching internationally since 2000. Her devotion to outreach work has led her around the world with all kinds of work in several different cultures.

Now living and teaching in NYC and as a mother of two beautiful boys, finding time to focus on herself is more challenging, but more necessary, than ever. It is her true desire to show up for family, students, and life from a place that is open, grounded and present. Daily yoga and meditation practice is absolutely a means to this goal and she is passionate about helping others cultivate and refine their own daily practice. Through gentle and informative hands on instruction, Andrea teaches the tools to stay healthy, grounded and balanced. Her teaching style draws inspiration from Astanga, Vinyasa, Anusara, Iyengar and Forrest yoga traditions and continues to be inspired by Seane Corn, Erich Schiffmann, David Swenson, Nikki Costello, Abbie Galvin, Elena Brower and Noah Maze.

Currently Andrea lives with her husband and 2 boys in NYC. She teaches private and small group classes and travels the world teaching yoga retreats with her sister Christina.



HOST

CHRISTINA CURRY



Christina first fell in love with yoga as a teenager which set her on the path of self-exploration, conscious living and broadened her view of the world and of humanity. Teaching yoga for a living was not a classic career choice at the time (in the early 2000's) but something that spoke deeply to her and which could not be denied. She travelled and studied yoga throughout Asia for seven years embodying the many traditional branches and practices of yoga.

Today Christina's teaching style is primarily inspired by Vinyasa, Ashtanga, Iyengar, Hatha and Forrest Yoga, with an enthusiastic emphasis and exploration of Pranayama, Meditation, Yogic lifestyle and philosophy. Her spirited and knowledgeable approach comes across in her intuitive, creative, challenging yet therapeutic classes. Her teaching continues to be inspired by master teachers such as Sara and Ty Powers, David Life and Sharon Gannon, Seane Corn, Erich Schiffmann, David and Shelley Swenson, Rodney Yee and Colleen Saidman Yee, Elena Brower and Noah Maze. She teaches in order to help people feel more unified to themselves and others - less inner conflict, and more inner peace.

Currently Christina lives in Milan, Italy with her husband and daughter and teaches within her community as well as internationally with her sister Andrea.

DOMAINE SAINT JACQUES



*Located in Blauvac, France, a southeastern village
32km from Avignon, and near the base of Mont
Ventoux, an infamous summit in the Tour de France.*

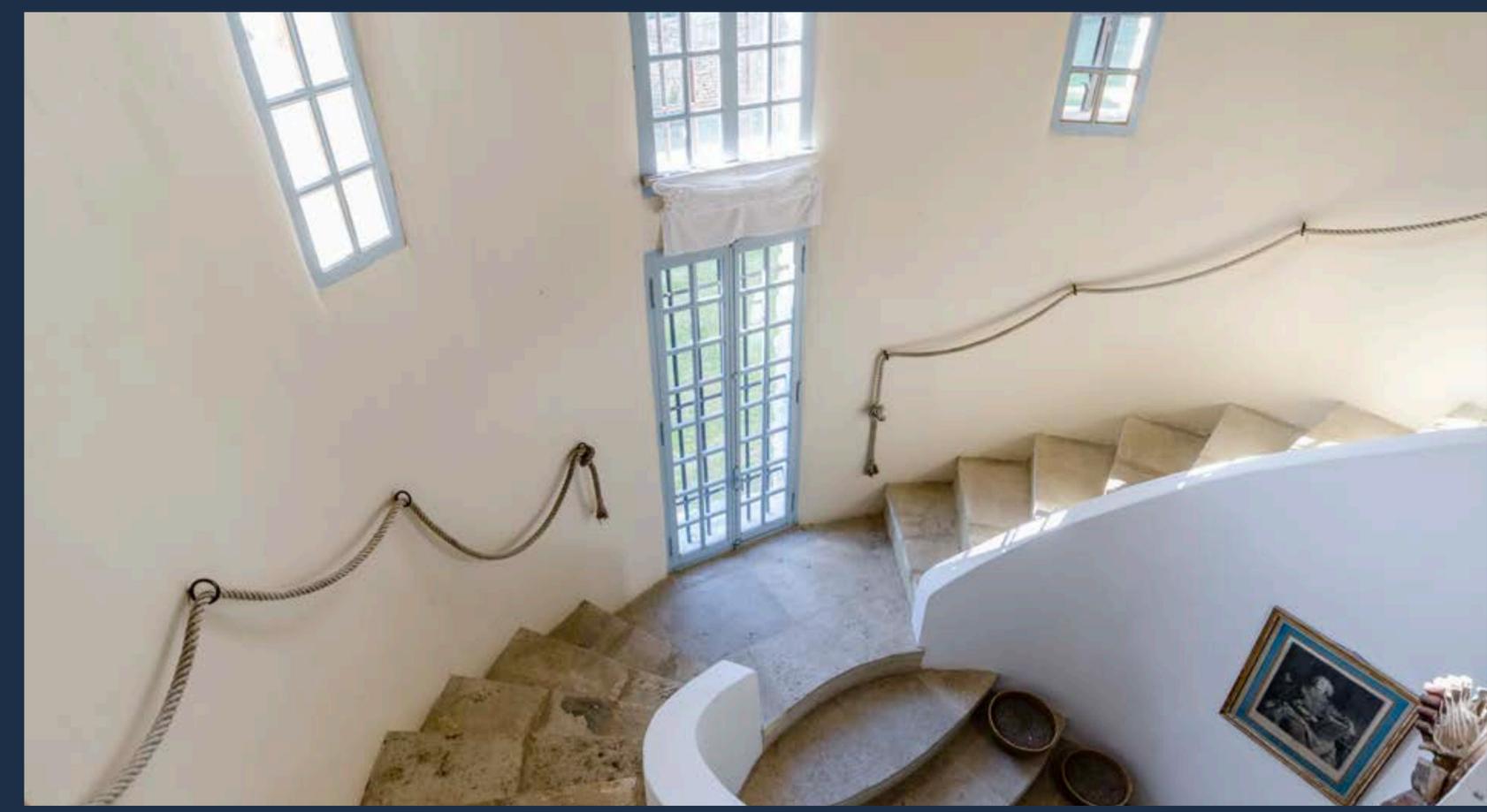
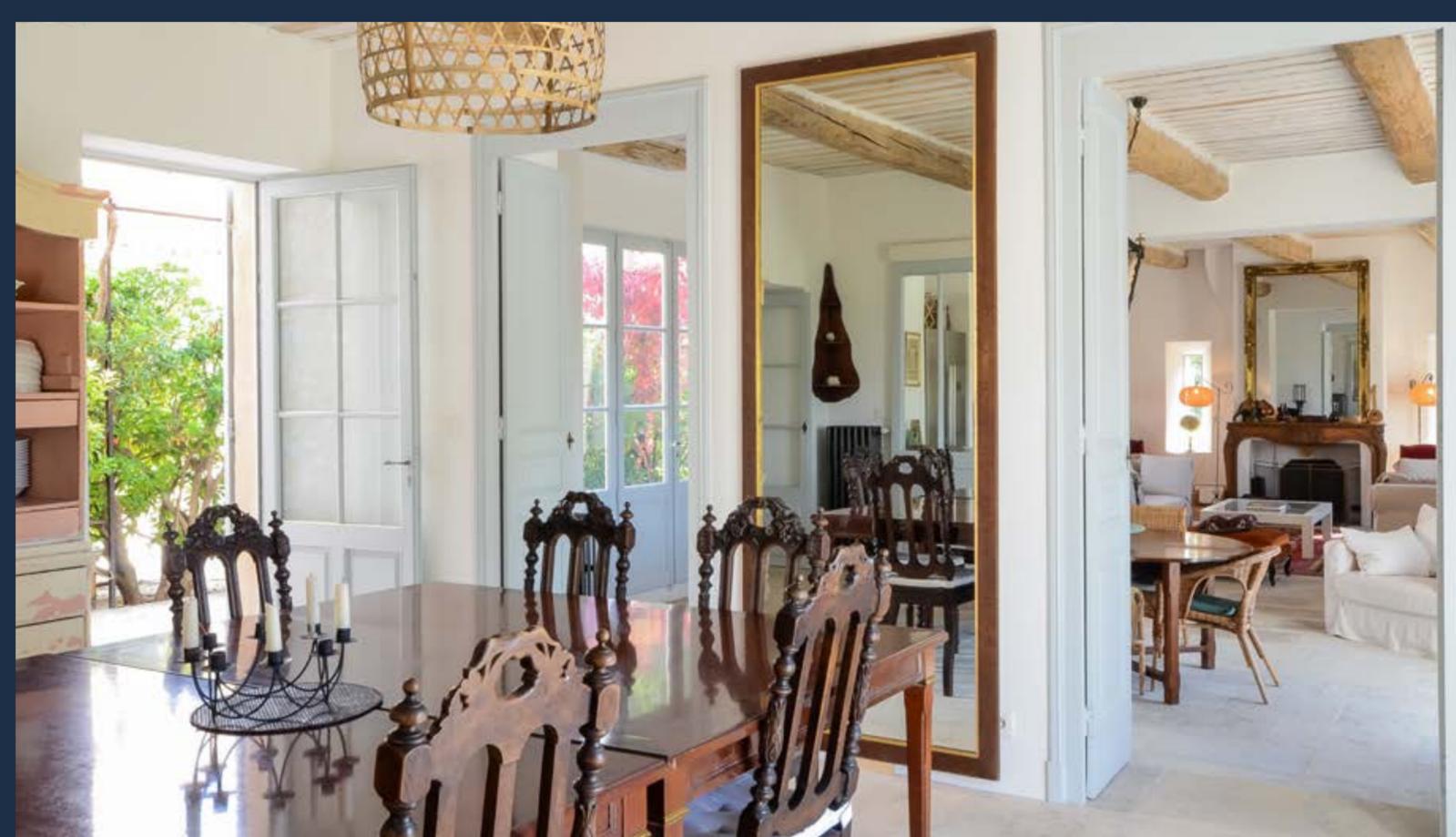
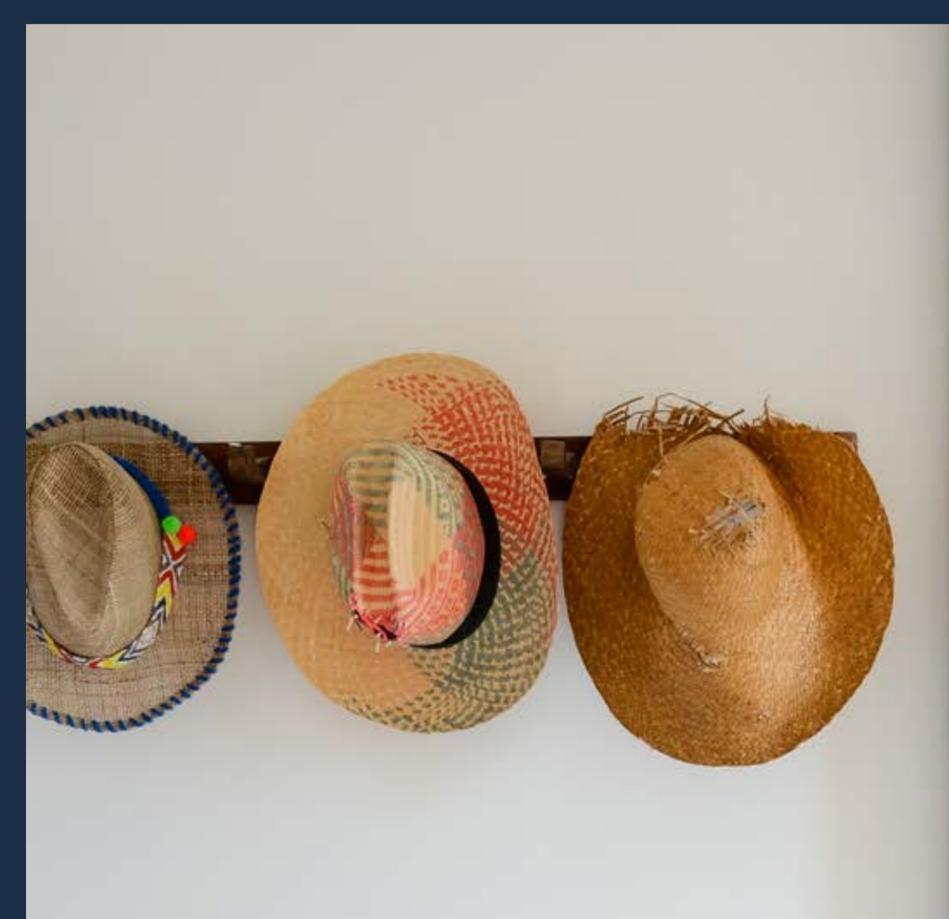




REST

The private and pastoral ambiance of Domaine Saint Jacques has everything you need to support you during your retreat week and help you remember what peaceful living feels like. There are nine rooms, each with its own adjoining bathroom, in two separate houses on the expansive property. The layout is such that you can easily find privacy and peace or join the social group. Each of the nine rooms can be single or double occupancy and we encourage you to invite a friend or partner to join you for this incredible opportunity. Rooms will be assigned based on initial deposit.





RESTORE

The pristine, welcoming, family-run estate will make this trip uniquely authentic. The 12th century houses are furnished in a charming and elegant country style with Provencal antiques and have all of the comforts of the 21st century. Once you are on the estate, let yourself surrender to the experience. The warm and professional staff will ensure that you feel welcome and taken care of. Each room is different, but they all offer the calm, comfort, and rest you will need after a long day of yoga and exploration.



REVITALIZE

Yoga classes will be held Monday-Friday 9:00am-11:30am and 5:00pm-7:00pm.

In between classes you are welcome to soak up as much of Provence as you like; take long walks through the property's vineyard and hills, visit local villages, take (pre-arranged) guided bike rides, or stick around and enjoy the pools and meditate on the quiet grounds.

We have invited a body worker to offer therapeutic treatments throughout the retreat week. They have expertise in many different modalities and each treatment is a unique, healing experience. Book ahead as spaces do fill up.



RELEASE

We recommend massage during our yoga retreats. The physical, emotional, and spiritual benefits of massage are long and powerful, especially when paired with a mindful yoga practice.

While improving flexibility through longer yoga classes, massage increases the natural lubricants in and around the connective tissue of these muscles, reducing muscle aches and pains, improving recovery time and overall mobility of the body.

Yoga and massage are powerful tools in stimulating the flow of fresh, healthy blood through your body and the production of new oxygen-rich blood cells that deeply nourish your organs, joints and extremities.



DINE

The retreat will commence Sunday night with a beautiful welcome dinner prepared by Chef Giada Scarton, a restaurant owner who specializes in farm-to-table, organic and local meals expertly prepared with passion and love. Using fresh ingredients collected from surrounding village markets, Chef Giada's specialty is creating nourishing dishes packed with flavor and creativity. We will close the retreat week with a farewell dinner and leave Provence feeling relaxed, revitalized, aligned, and enlightened.





EXPLORE

Mild weather in early October makes the region an attractive destination and a classic playground for cyclists and yogis alike, located close to airports in Marseille and Montpellier, as well as the TGV train station in Avignon.

Explore Provence by wandering on your own (either with your rental car or a driver that the estate can arrange) or join us for village tours. The retreat includes two complimentary village tours to some of our favorite locations: a village market and lunch plus an electric bike tour and wine tasting through the vineyards of Provence.



EXPLORE

For those interested in cycling, we have partnered with a local cycling company that can create guided, daily cycling routes based on your specific needs and desires. Daily yoga classes offer an approachable style that will combine wonderfully with a day of cycling.





Wake up to coffee, fresh juice and a light breakfast in the dining room.

Take a relaxing walk to the yoga pavilion and stretch out on your mat while you wait for your morning yoga class to begin. One sister will be teaching while the other will be walking around giving hands-on adjustments.

After class enjoy ginger tea waiting for you outside the pavilion. This is a wonderful moment to connect to the Curry sisters; asking questions, offering feedback and requests, while also engaging with other retreat participants. Your fresh, healthy lunch will be set up in a different part of the estate daily. Throw on a wrap or sweater and make your way. Chef Giada and her welcoming smile will be waiting for you.



In the free *afternoon hours*, you can take a dip in one of the pools, have a massage, go for a guided hike, go on a guided bike ride, or simply relax and take a nap.

In the late afternoon you can make your way back to the yoga pavilion for another two hour yoga session. We weave meditation, pranayama, active, and restorative poses through each class making it possible for beginners to enjoy more than four hours of practice each day.



Dinner in the evening is often served around a long table, giving us an opportunity to relax as a group. Fresh, local, nourishing, and creative dishes are Chef Giada's specialty and we are always pleasantly surprised.

In the evening, enjoy a late night massage, read a book in one of the living rooms, or retreat to your bedroom.

WHAT TO BRING



The weather could be warm or cold so please pack accordingly.

We recommend:

- A few sweat-shirts/sweaters
- A thin puffy coat
- A light rain jacket
- Sandals and closed toe shoes (comfortable, as you will walk through the property on dirt trails to and from meals)
- Running shoes (for bike tour, hiking, jogging)
- Two nicer outfits (heels are unnecessary)
- Comfortable yoga clothes
- Yoga outerwear for lunches and dinners (wraps, loose tunics)
- Swimsuit/cover-up.

GETTING THERE



By Air:

- Fly into Paris and take a TGV train to Avignon (around 3 hours and 70 Euro one way)
- Fly into Marseille and take a private taxi to the estate (around 2 hours and 250 Euro one way)
- Fly into Nice, rent a car and drive to the estate (around 3 hours driving)



By Train:

Take any TGV train to Avignon TGV Station. A driver will be waiting for you at the Avignon TGV Station and will take you to the estate (around 30 minutes driving).



By Car:

With current GPS and on-the-ground support from Brenna and estate GM Stephanie, it is quite easy to rent a car from Nice or Marseille and drive yourself to the estate.

Brenna Larson will work closely with you to arrange best schedule, transfers, and logistics

PRICING



Dates: September 30 - October 6, 2018

Location: Domaine Saint Jacques

Led By: Andrea and Christina Curry

All inclusive retreat week rates:

5000 EUR per person, double occupancy

6500 EUR, single occupancy

Includes:

- One double room
- Two daily yoga classes (4.5 hours each day)
- Daily gourmet meals (including breakfast, lunch, dinner, wine, and afternoon tea, snack and juices)
- Two village tours
- Round trip shuttle from Avignon Train Station
- Welcome and farewell dinners
- Full access to the estate grounds
- No hidden fees, taxes or service charge. Extra expenses might include massage treatments, shopping, or dining off-grounds.

Does not include: Airfare; Travel expenses; Meals purchased off property; Massage treatments; Private village tours or drivers