

France Retreat Overview

A brief overview of our experience in Champagne France.

Day 1 – Bienvenue & Bubbles

- **Arrival at the private château** and time to settle into the Champagne countryside
- **Light apéro with seasonal hors d'oeuvres**
 - Unpack, relax, and ease into the retreat after travel
- **Welcome Reception & Champagne toast**
 - Meet your fellow retreaters and officially begin our time together
- **Farm-to-table French dinner** at the château
- **Live musical accompaniment** to set the tone for the days ahead

Day 2 – Root & Rise

- **Morning yoga** to gently ground, stretch, and restore after travel
- **French breakfast** featuring fresh croissants, local fruit, and French-pressed coffee
- **Spacious afternoon** to relax and explore at your own pace
 - Enjoy the château grounds
 - Book an optional massage
 - Journal or relax on property
 - Ride bikes into town
 - Linger over a café lunch nearby
- **No formal group lunch today**
 - Light snacks available on-site
 - Or enjoy a casual lunch in town
- **In-house Champagne tasting** in the early evening featuring a private selection from the château owners
 - An introduction to the region's styles, stories, and terroir
- **Relaxed dinner at the château** to close the day with conversation and ease

Day 3 – The Heart of Champagne

- **Morning yoga** to ground and energize for the day
- **French breakfast at the château** with fresh croissants, local fruit, and French-pressed coffee
- **Departure for Épernay**, the heart of the Champagne region
 - **Guided stroll along Avenue de Champagne**
 - Admire the grand façades and legendary Champagne houses
 - **Three-course lunch in Épernay**
 - Paired with a glass of Champagne and seasonal regional flavors
 - **Exclusive cellar visit at a prestigious Champagne house**
 - Tour the historic cellars
 - Double tasting of iconic Champagnes
- **Return to the château** to unwind and recharge
- **Evening apéritif and conversation**
- **Relaxed dinner at the château**

*Subject to change

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Day 4 – Flow & Explore

- **Morning yoga** to gently stretch, ground, and begin the day
- **French breakfast at the château** with fresh croissants, local fruit, and French-pressed coffee
- **Departure into the Champagne countryside** for a more intimate, grower-focused experience
 - **Visit to a small family-run Champagne house**
 - Meet the producer
 - Learn about their craft, philosophy, and vineyard traditions
 - **Winery lunch in the vineyards**
 - A leisurely meal surrounded by the vines and rural Champagne landscape
 - **Explore the historic village of Hautvillers**
 - The village where Dom Pérignon lived and worked: often called the Cradle of Champagne
 - **Second boutique Champagne house visit**
 - Taste a different style of terroir
 - Conversation with the grower
- **Return to the château** to unwind and recharge
- **Evening apéritif and conversation**
- **Relaxed dinner at the château** to close the day together

Day 5 – A Legacy Experience

- **Morning yoga** to begin our final full day together
- **French breakfast at the château** with fresh croissants, local fruit, and French-pressed coffee
- **Departure to Reims** for a curated Heritage & Art de Vivre experience
 - **Guided visit to Reims Cathedral**
 - A breathtaking Gothic landmark woven into centuries of French history
 - **Visit to the Carnegie Library**
 - An elegant Art Deco gem in the heart of the city
 - **Lunch at a historic restaurant in Reims**
 - A relaxed French meal paired with a glass of Champagne
- **Exclusive visit to a Legacy Champagne House**
 - Explore the famous chalk cellars
 - Experience the striking contemporary art installations
- **Final stop at the Veuve Clicquot boutique**
 - Browse souvenirs and enjoy a final touch of Yellow Label magic
- **Return to the château** to unwind and prepare for the evening
- **Farewell Gala Dinner**
 - Dress your best + Live musical accompaniment

Day 6 – Au Revoir, With Love

- **Closing circle**
 - Final reflections and shared gratitude + Farewell photos to capture our time together
- **Champagne brunch celebration**
 - One last relaxed gathering filled with laughter and connection
- **Departures**
 - Leave with full hearts, new friendships, and a lingering taste of Champagne life

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