



DOMAINE DE LA  
**MULOTIÈRE**

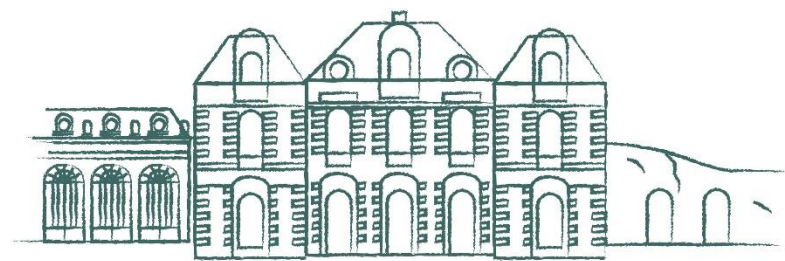
Location

Mariage

Séminaire

Hébergement





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# Loire Yoga Retreat

*Langeais*

*2025, April 17th-20th*





# The retreat at a glance

4 days of Hatha Raja & Nidra practice in English  
Daily morning yoga classes  
Candlelight evening yoga  
Guided Meditation and Yoga Nidra sessions

Château de la Loire tour afternoon  
Biking on the Loire banks afternoon

3 nights accommodation with daily meals  
prepared by private a vegan & vegetarian

*for*  
Beginner  
Intermediate  
Advanced



# Yoga classes

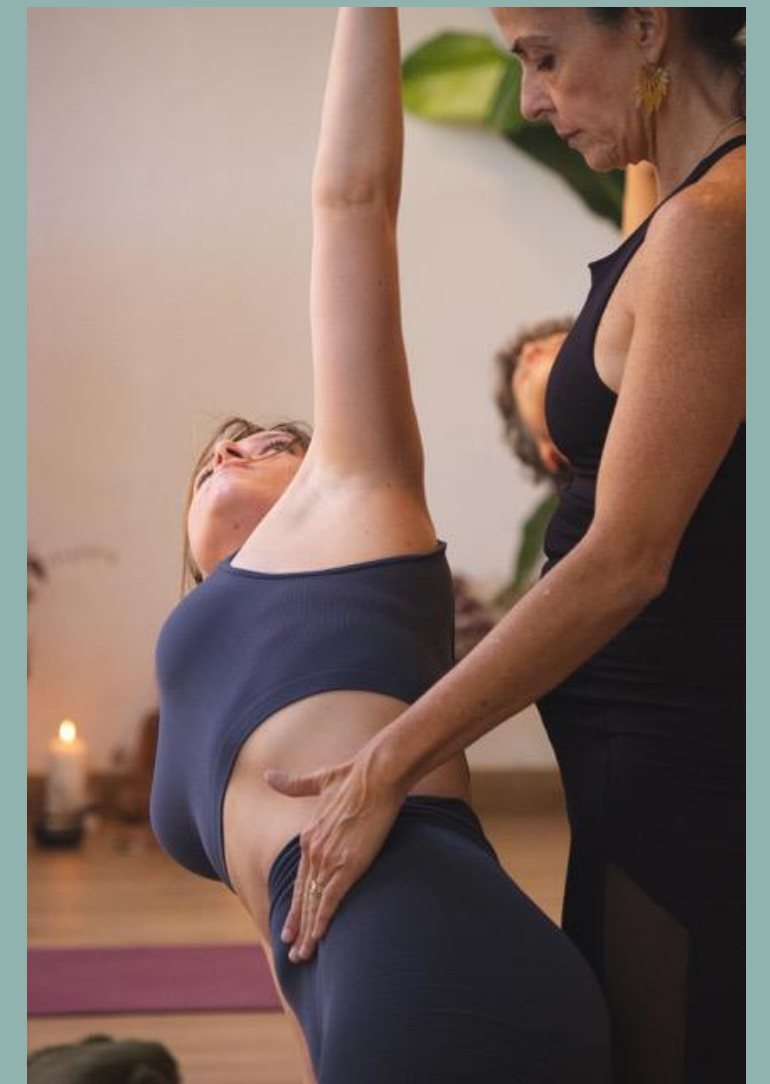
## The amazing teacher : Mai Garbizu

Since 2007 Mai has guided +3000 hours of yoga classes, workshops & retreats in Spain (Catalonia and the Balearic Islands) and Europe (Geneva, Athens, Slovenia and Thessaloniki). Since 2010 she has had the honor of practicing with Andrei Ram Om and Sri. dharma mitra, with whom she did +800 hours of study in the lineage of Hatha Raja Yoga.

Lessons adapted to any experience and background from beginners to advanced practitioners, with easy to follow yet effective instructions led by Mai who shares more than 15 years of experience as a full-time practitioner, yoga teacher, and mother. The lessons are led by awareness of the breath. This is the main practice over all the variety of techniques taught by Mai.

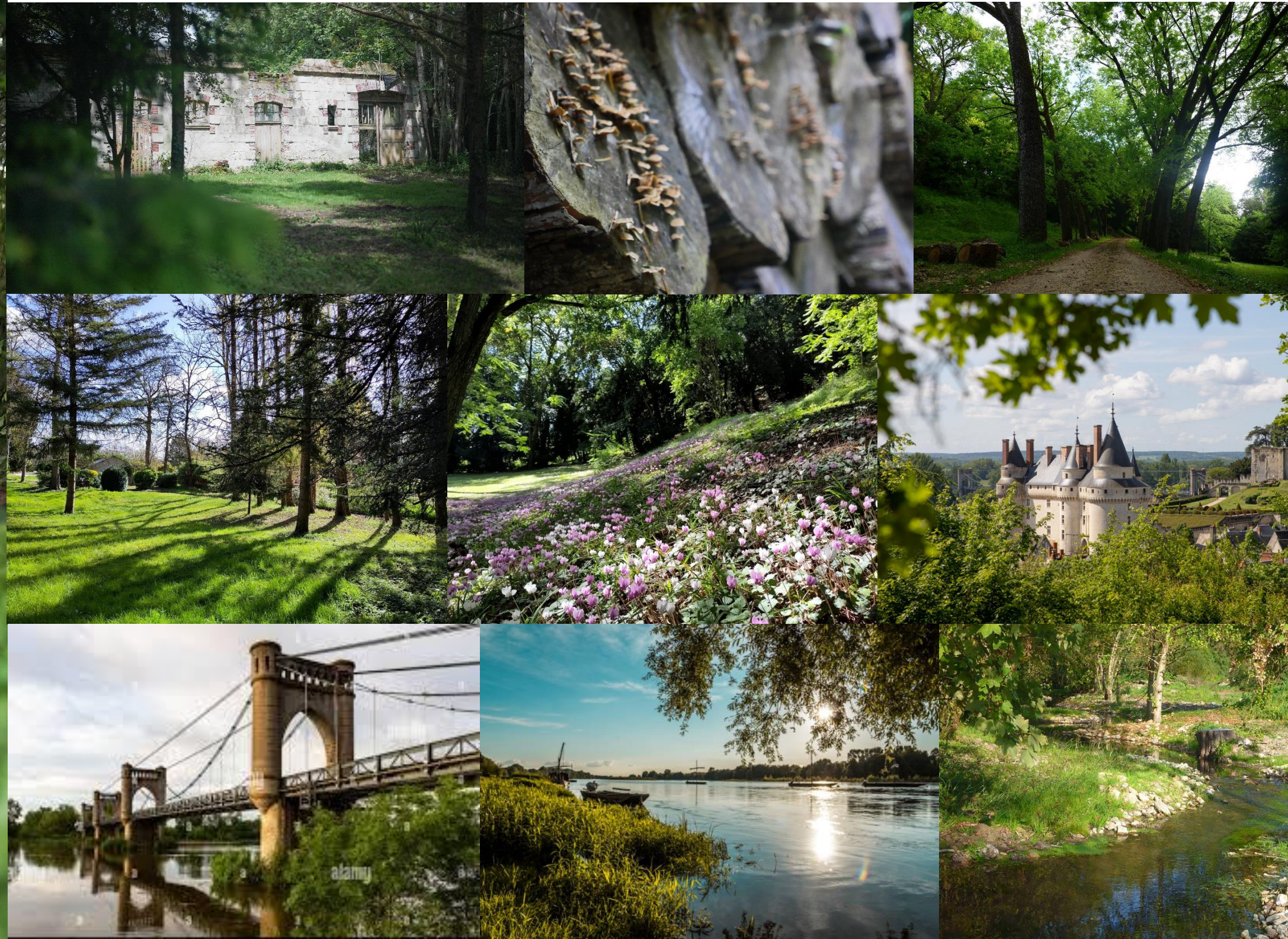
Her classes can be fluid and refreshing or deep and transforming, depending on the group and circumstances the intensity and focus adapt to them. You will be guided to perceive yourself in new ways, integrating body and mind to nourish your own focused attention. Be prepared for a class with variations to all levels or backgrounds, adapted to anyone looking to find the best version of themselves.

Yoga is a guide to develop as far as you want to go, from the fundamental techniques to access radiant health, self-esteem, and mental clarity to more advanced techniques to get in contact with subtle and spiritual experiences toward universal consciousness. Mai practices and teaches Hatha Raja yoga. The union of traditional Hatha yoga to Raja yoga integrates meditation to the yoga postures, through the vehicle of the breath, to bring the practice beyond matter or mind.





# The environment







# Le Domaine de la Mulotière

Welcome to Domaine de la Mulotière, a jewel nestled in Langeais, overlooking the banks of the Loire. This charming château invites you to immerse yourself in the atmosphere of the Loire castles.

La Mulotière, which has been converted into gîtes and a wedding venue, offers an immersive experience at the heart of the region's cultural wealth.

Featuring typical Loire château architecture, the estate is distinguished by its majestic allure and vast verdant grounds, where at every turn you'll discover a troglodyte cave, a view over the valley or a deer watching you.



# Accommodations : 4 options

## Suites

A nice Double room just for you  
with **private bathroom**



## Double Rooms

A nice Double room just for you  
with **shared bathroom**



## BFF Suites

A nice 2 beds room for 2 people  
with **private bathroom**



## Dorm

A nice 3 beds room for 2-3 people  
with **shared bathroom**





# Meet the Chef !

Marie is a young chef undergoing a career change

Her commitments :

**Vegetarian cuisine** : Eating vegetarian is one of the most significant ways to reduce your impact on the environment. Choose an original menu that respects the environment.

**Local, seasonal produce**: One of the keys to a good meal is raw produce. I like to work with seasonal produce and favor local organic producers.

<https://www.instagram.com/beroumarie/>





# Fares



## Early bird fares (until January, 15th)

Fare 1 (Suite).....	795 €
Fare 2 (Double Room).....	755 €
Fare 3 (BFF Suites).....	640 €
Fare 4 (Dormitory).....	590 €

## Full Price

Fare 1 (Suite).....	945 €
Fare 2 (Double Room).....	905 €
Fare 3 (BFF Suites).....	790 €
Fare 4 (Dormitory).....	740 €



## The fare included

- Yoga classes
- Material loan
- 3 nights accomodation
- 3 brunch, 3 dinners, and access to tea, coffee, en-cas all day long
- 2 afternoon of activities

## - How to get there :

TGV train station « Saint Pierre des Corps » or « Tours » (1h in train from Paris)

TER train Station « Langeais » (20 min from Tours)

Please contact Marion [marion@lamulotiere.fr](mailto:marion@lamulotiere.fr), +33662756685 to help you organizing you trip



# Register



1/ Please fill this [FORM](#)

2/ You will receive a bill for a 300€ advance (bank transfer to l'Echo des Mulots association), you will have to pay the second part on March, the 15th.

3/ A few weeks before, you'll receive from Maité a health form.

4/ We all meet on April the 17th in Langeais for a wonderful experience!





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