

## Mammoth Journeys

### The Yoga Retreats

Option 1: Sussac, France

Option 2: London to Sussac

Come join us on our idyllic and mindful Yoga Retreats.

We understand how important it is creating balance in life between work and play, focusing time on our physical and mental health. We also know how important it is to have that balance and well-rounded approach to your training programme.

Our Yoga Retreats allow you to reset it all, de-stress from the worries of everyday life where the focus is all on you.

The amazing team at Sante Yoga, based in Sussac, France, understand the individual and personal needs of each cyclist, can adapt their practice to make sure you gain the most from your time there. So come along on a short break away from the hustle and bustle of UK, for a physical and spiritual recharge in our rural French setting.

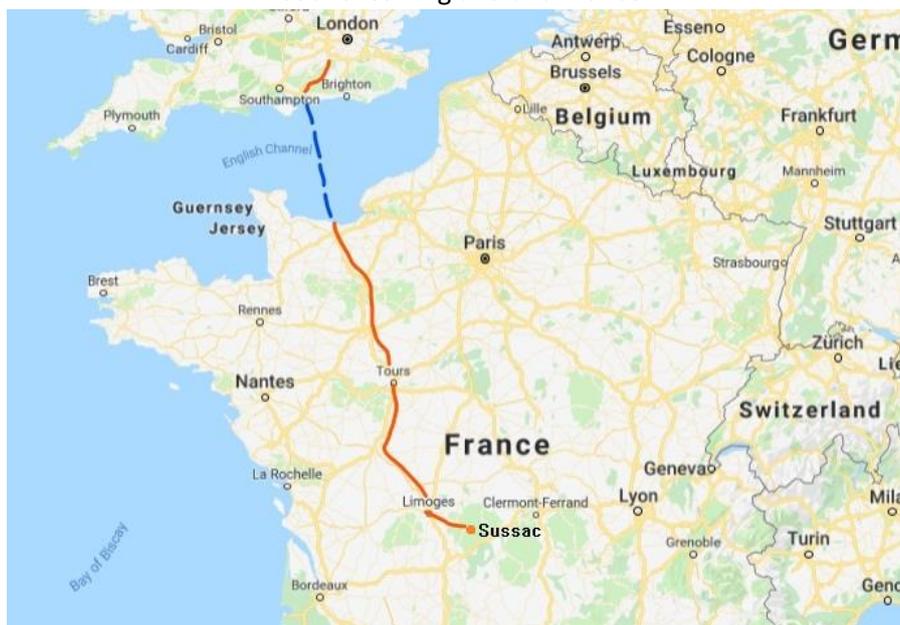
We have two options available; you can base yourself in Sussac and combine rural French cycling with daily yoga and meditation over 4 days, or for the more adventurous, you can cycle out to Sussac from England, followed by a 3-day yoga retreat.

Routes, distances and durations are merely a rough guide and may change before or during the Journey. However this should give you a good idea of what's coming up.

Distance: 1215 km / 755 miles

Duration: 16 days

Countries: England and France





**Option 1: Sussac Yoga and Cycling Base    Distance: 50-100 km / 30 – 65 miles    Duration: 4 days**

For option one you are based in Sante's rural homestay in Sussac for 4 days of cycling and yoga.

You will have an initial consultation with Sante's owner and instructor Danielle, where she will assess your current ability and personalise your programme depending on your requirements.

You will have access to two group yoga sessions daily, led by qualified yoga instructors who can adapt the class to the needs of the group. The morning session will help prepare you for the days cycling ahead, and the evening session to unwind and loosen off after the day on the bike. Each day there is a guided cycle exploring the beautiful local countryside, with varying distances and speeds on offer.

You will be treated to 3 daily farm-to-plate meals, with all produce locally sourced, and stay in a beautiful 19th Century French home stay.

This option gives a perfect balance of cycling and relaxing, with a chance to recharge your batteries and kick start that healthy lifestyle you may be striving for. If you enjoyed this option, perhaps in the future you could progress to the challenge of option 2?

**Option 2: London to Sussac    Distance: 600km / 370 miles    Duration 8 days**

The second option is to cycle from south London, all the way with our Mammoth Guides and a support vehicle, to the yoga base at Sussac.

Day 1 sees us finishing on the south coast of England, where we will take the overnight ferry to Caen in France. From here it's a 4-day cycle in beautiful French countryside, making full use of the superb cycle highways.

Fully guided, with a support vehicle and hotel accommodation all provided, your job is to simple pedal and smile.

We arrive in Sussac where you will be treated to 3 days of in-house yoga with the amazing team from Sante. All meals, yoga and meditation sessions are provided. It is the perfect way to unwind after a tough cycle, where you will be able to relax your mind and offer space to rediscover your own rhythm.

Day 1: Epsom – Portsmouth 115km

Day 2: Caen – Alençon 110km

Day 3: Alencon – Tours 145 km

Day 4: Tours – Poitiers 110 km

Day 5: Poitiers – Sussac 165km

What's Included?

- All accommodation, including the night in London for the Journey brief.
- All breakfasts, with a selection of lunches and dinners – depending between option 1 or 2.
- Support vehicle for luggage transport, mechanical assistance, and tired cyclists



- Full yoga teaching and classes, including an initial assessment upon arrival to Sussac.
- Cycle guides on all days on the bike
- Mammoth Journeys Cycle Jersey
- Return transport of bikes from France
- Airport transfer at Sussac.

#### What's not included?

- Insurance
- Airfare to the start of your Journey
- Transport back to London at the end of the Journey
- Bike hire
- Visas (although help and advice can be arranged through Mammoth Journeys staff)
- Any tours, tips/gratuities, or meals outside of the described Journey
- Any in-hotel purchases e.g. phone bill, laundry, room service etc.