



SUMMER BLISS

A Magical Dance Retreat In France

8th to 15th July 2027 – with Lilly and Vern

A Circle Dance holiday with a difference

Enjoy daily uplifting Circle Dance sessions in a beautifully restored barn or outdoors surrounded by nature.

Something Special

To make **for an extra special week** we are planning to offer a range of additional - optional - activities. Some ideas we are considering so far:

- Pre-Breakfast Meditative Dance
- Circle Dance Bingo
- Mindful Relaxation
- Bach Flower Remedy Talks
- Play Reading
- Gentle Guided Walk Along Forest Paths

These are initial ideas and the actual options are yet to be finalised - so why not contact us with your thoughts?



The Retreat

We'll spend the week together in an amazing retreat centre - La Roane - A Place To Be Well - a peaceful 20-acre woodland retreat in Southwest France, nestled just outside the medieval village of Saint Antonin-Noble-Val. Surrounded by oak forests, birdsong, and butterflies, it's a sanctuary designed for slowing down, reconnecting, and feeling deeply nourished.

Accommodation and Food

Guests are housed in two charming buildings arranged around a large oval swimming pool. Single, twin and double rooms available.

Your retreat will be fully catered, with delicious **organic vegetarian meals**, prepared using fresh local produce. Also included are, visits to medieval villages and a Sunday market.



Time to Chill

After lunch there is plenty of time to relax, swim, read your book in a hammock, have a sauna, or enjoy a massage treatment. Or borrow a bicycle and go exploring.



For more information and prices, contact Lilly – lilly@newhaven4.co.uk or 07711 702460

Time to dance, rest, connect, and be nourished. A gentle, uplifting residential retreat in beautiful southwest France