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Personal Development & Transformation Retreat for Women in Provence, France

Oct 11, 2026 - Oct 15, 2026

£2995 per person

Included in the price:

- 4 nights in the beautiful serene Le Galinier boutique hotel in the middle of the Provencal countryside
- Your own room with ensuite bathroom
- Return flights to Marseille with Easyjet from Gatwick
- Return transfer airport/hotel/airport
- Breakfast daily
- One dinner on the first night
- Your Mindfulness through Movement Coach Georgie will run group sessions throughout the Retreat
- Your Transformational Coach Georgina will run group sessions throughout the Retreat but will offer one-on-one pre Retreat online meetings
- Your personal Journal will be waiting for you in your room to use for journaling.
- Your YOLO Retreat specialist will be present throughout the course of the Retreat.

Please see below the itinerary and meet your Yolo Coaches: the itinerary includes an invitation to take part in journaling sessions each evening to help you reflect on your

experiences and insights gained throughout the day. The themes each day help you to reflect deeply and gain clarity to enable you to continue using the tools long after the retreat has ended.

Trip Summary

October 11 - Sunday

- 9:00 Depart from London Gatwick Airport (LGW) - London Gatwick Airport (LGW)
 The chauffeur will be there to meet you and the rest of the group at Marseille airport
 Check in at Le Galinier, a Beaumier Hotel - Le Galinier, a Beaumier Hotel
 Welcome and Check-in
- 12:00 Arrive at Aéroport Marseille-Provence (MRS) - Aéroport Marseille-Provence (MRS)

October 12 - Monday

- Sunrise Meditation and Light movement flow session before Breakfast
 Breakfast on the terrace
 Workshop ...
 Walk into the village for lunch (to be paid locally)
 Post lunch activity
 Your afternoon
 Petanques competition

October 13 - Tuesday

- Sunrise Meditation and Pilates with Georgie
 Breakfast on the terrace
 The Inner Critic Workshop
 Lunch (to be paid locally)
 Afternoon Excursion
 Dinner in the village (paid locally) followed by Evening activity

October 14 - Wednesday

- Sunrise meditation
 Breakfast
 Gentle hike to start your day
 Emotional Backpack exercise
 Lunch (to be paid locally)
 Future Self Letter to help anchor sustainable change and build emotional resilience
 Short & sweet exercise tools
 Drinks on the terrace before dinner (dinner to be paid locally)

October 15 - Thursday

- Breakfast on the terrace
 Final reflections and time to say goodbye with Georgie and Georgina
 Check out from Le Galinier, a Beaumier Hotel - Le Galinier, a Beaumier Hotel
 Transfer back to Marseille airport ready for your flight to London
- 11:35 Depart from Aéroport Marseille-Provence (MRS) - Aéroport Marseille-Provence (MRS)
- 12:30 Arrive at London Gatwick Airport (LGW) - London Gatwick Airport (LGW)
- TERMS & CONDITIONS

October 11 - Sunday



DEPARTURE 9:00 - British Summer Time Depart from London Gatwick Airport (LGW)

AIRLINE	FLIGHT NUMBER	TERMINAL
EasyJet	U2 8439	N



London Gatwick Airport (LGW)

A23 Airport Way, Crawley, WEST SUSSEX, GB, RH6 0NP
+44 844 892 0322



The chauffeur will be there to meet you and the rest of the group at Marseille airport

The journey time to the hotel is approximately 50 minutes. You will have the opportunity to enjoy the Provence countryside as you make your way to the hotel which is located in the village of Lourmarin.

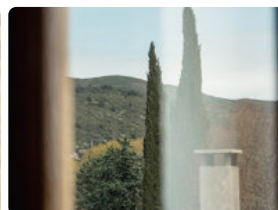


Check in at Le Galinier, a Beaumier Hotel Location

This hotel warmly welcomes guests in Lourmarin.

Facilities

The friendly staff at the reception desk are happy to answer any questions. Services and facilities include a baggage storage service, a babysitting service and a childcare service. Wireless internet access (no extra charge) is provided in public areas. A fireplace creates a cozy atmosphere. Guests of the hotel are welcome to relax in the garden. Guests arriving by car can park their vehicles in the parking lot for no extra charge. A bicycle rental service provides all the necessary equipment for exploring the surrounding area.





Le Galinier, a Beaumier Hotel

Avenue du 8 mai 1945, Lourmarin, France



Welcome and Check-in

Once you have checked-in and are settled you will enjoy light refreshments and get to know your Coaches.

Georgina: For over 24 years Georgina has studied behavioural change and is a qualified executive Coach, a Master NLP Practitioner and DiSC coach. Georgina will give you the personal tools to feel empowered, be confident and to invite only the things you do want into your life and move away from those you do not.

Georgie: After experiencing a tough period in her early twenties Georgie used fitness to overcome her situation. This led to more than just physical fitness but to overall healing and wellbeing. She is a qualified Personal trainer, Pilates instructor and Meditation coach. Georgie's journey is an inspiration; learn how the use of fitness, even the gentlest form, can transform your mind.

This will be followed by a gentle stretch and nurturing flow session by Georgie to help you unwind from your journey.

Georgina will then lead an Open Circle setting the intentions for the Retreat by reflecting on your goals and intentions during the next few days. What do you hope to achieve or discover about yourself?

We will then walk 10 minutes into the delightful village of Lourmarin for dinner. The restaurant is L'Ormeau in the heart of the village.

After dinner we will return to Le Galinier for guided relaxation and storytelling led by Georgina and Georgie.



ARRIVAL 12:00 - Central European Summer Time Arrive at Aéroport Marseille-Provence (MRS)

AIRLINE	FLIGHT NUMBER	TERMINAL
EasyJet	U2 8439	2



Aéroport Marseille-Provence (MRS)

Route de l'Aéroport, Marignane, Provence-Alpes-Côte d'Azur, FR, 13727
+33 4 42 14 20 20

October 12 - Monday



Sunrise Meditation and Light movement flow session before Breakfast



Breakfast on the terrace



Workshop ...

Georgina will work with you to identify overload and personal stressors - the power of communicating your needs and choosing effective actions. Explore the sources of stress and uncertainty in your life.



Walk into the village for lunch (to be paid locally)



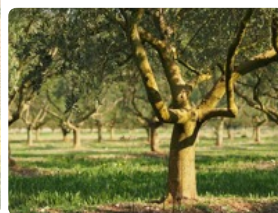
Post lunch activity

Georgina will work with you to create a personal action plan looking at how stress and uncertainty impacts your daily well-being and clarity.



Your afternoon

After the creation of your action plan Georgie will take you on a relaxing nature walk starting with a wellness discussion.



Petanques competition

Before dinner we will organise a petanques competition on the terrace - the famous French version of Bowling! Wine from Provence and soft drinks will be provided as we split into 2 teams! The competition will be led by Georgie and Karen. After the fun competition we can head into the village for dinner (to be paid locally)

After dinner Georgina will organise a journaling session and an invitation to reflect on the day's learning and personal insights. Georgie will then end the evening with group meditation.



October 13 - Tuesday



Sunrise Meditation and Pilates with Georgie

Before breakfast enjoy some gentle exercise with Georgie



Breakfast on the terrace



The Inner Critic Workshop

Georgina will run this fascinating workshop giving you the tools and techniques to eliminate self doubt and achieve what YOU need.



Lunch (to be paid locally)

Enjoy a short walk into the village to enjoy lunch at a cafe or grab a sandwich and come back and relax at the hotel before your afternoon excursion.



Afternoon Excursion

Our luxury minibus will collect us from the hotel and take us on a 4 hour afternoon excursion to Cucuron, Ansouis and Lauris which are 3 of the most beautiful villages in the Luberon region of Provence. Our English speaking guide will enlighten us with the history of the region and there will be free time too.



Dinner in the village (paid locally) followed by Evening activity

After dinner Georgina will run through the strengthening tools to continue the emotional wellbeing work you have achieved and how these tools can be applied to achieve more focus and clarity in your life. This session will be combined with journaling.

This will be followed by Meditation and breath work by Georgie.

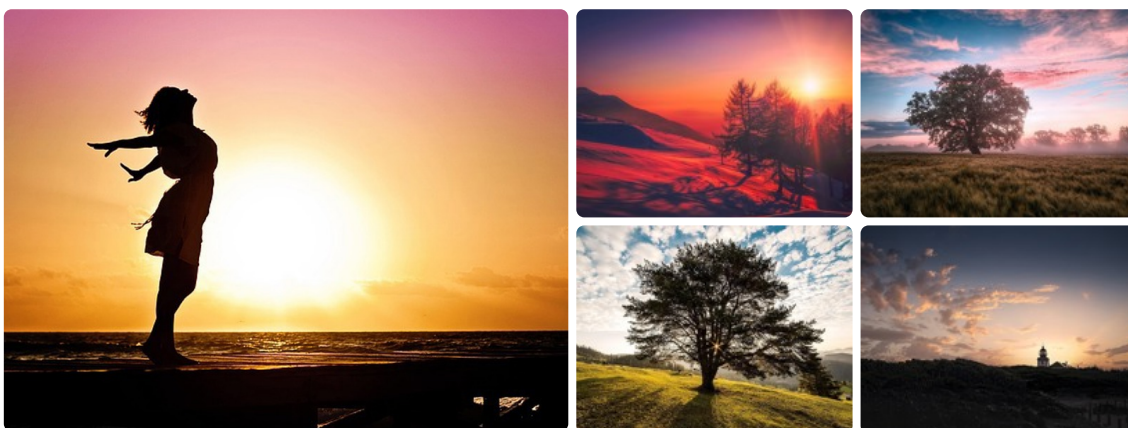


October 14 - Wednesday



Sunrise meditation

Enjoy a group meditation with Georgie before breakfast.

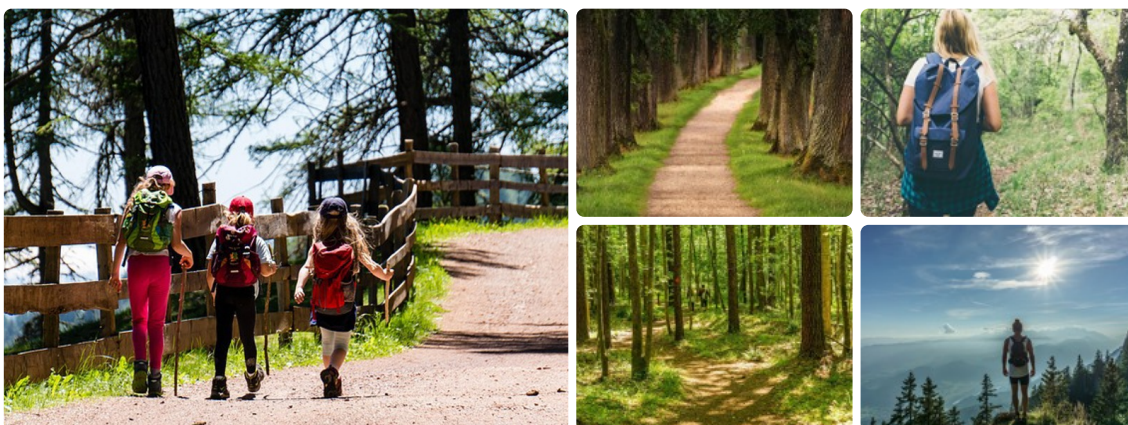


Breakfast



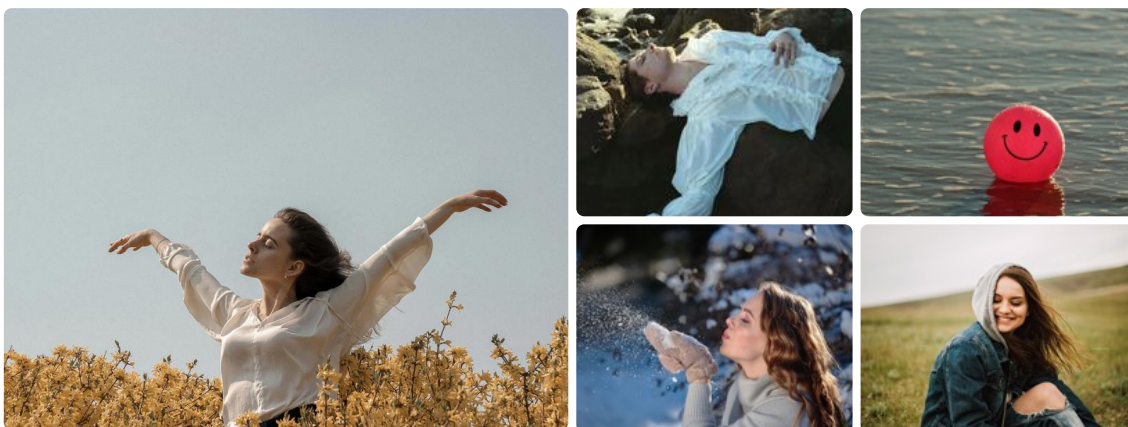
Gentle hike to start your day

This morning, after breakfast Georgie will commence with a gentle hike through the Provencal countryside.



Emotional Backpack exercise

Georgina will give you the tools to let go of one old story in order to know your own story and strengthen inner trust.



Lunch (to be paid locally)

Enjoy a light lunch in the village followed by some free time.



Future Self Letter to help anchor sustainable change and build emotional resilience

Georgina will work with you to write a letter from your future self (6 months from now) to your present self.



Short & sweet exercise tools

Georgie will talk you through the right kind of exercise for you which you can easily do at home to strengthen not only your physically body but your mind and wellbeing.



Drinks on the terrace before dinner (dinner to be paid locally)

We will enjoy drinks together on the terrace and continue with our journaling before walking into the village for dinner. The rest of the evening will be free to relax and reflect on the day.



October 15 - Thursday



Breakfast on the terrace



Final reflections and time to say goodbye with Georgie and Georgina

Acknowledge and celebrate the progress you have made on the Retreat. What are your key take-aways and how you will you implement these changes moving forward? What are you most grateful for and how will you carry this gratitude in your daily life?



Check out from Le Galinier, a Beaumier Hotel



Le Galinier, a Beaumier Hotel

Avenue du 8 mai 1945, Lourmarin, France



Transfer back to Marseille airport ready for your flight to London



DEPARTURE 11:35 - Central European Summer Time
Depart from Aéroport Marseille-Provence (MRS)

AIRLINE	FLIGHT NUMBER	TERMINAL
EasyJet	U2 8440	2



Aéroport Marseille-Provence (MRS)

Route de l'Aéroport, Marignane, Provence-Alpes-Côte d'Azur, FR, 13727
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ARRIVAL 12:30 - British Summer Time Arrive at London Gatwick Airport (LGW)

AIRLINE	FLIGHT NUMBER	TERMINAL
EasyJet	U2 8440	N



London Gatwick Airport (LGW)

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TERMS & CONDITIONS

Terms & Conditions including Minimum Participation

All bookings are subject to confirmation by Yolo Travel. To secure a place, a non-refundable deposit of fifty percent (50%) of the total trip cost is required at the time of booking. The remaining balance must be settled no later than ten (10) weeks prior to the scheduled departure date.

The commencement of this trip is conditional upon a minimum of eleven (11) confirmed participants. In the event that this minimum number is not met, Yolo Travel reserves the right, at its sole discretion, to cancel or postpone the trip. In such circumstances, any payments received will be refunded in accordance with Yolo Travel's Cancellation Policy, and no further liability shall arise.