

The Art of Living

June and September 2018



Pastel Dye Workshop and Retreat

Explore the unexpected and delight in authentic cultural experiences and complete the uniquely rich and sensual experience of Quercy South West France with some exciting excursions, such as a wine castle official suppliers of the Royal Courts, some historical visits exploring details and sharing anecdotes, meeting some local French artists in the area as well as woad dye; relaxing at the Moulin will not be forgotten.

Accommodation

Le Moulin de Jouenery et Spa



Le Moulin de Jouenery et Spa offers accommodation and spa facilities in a beautiful 17th century house, almost a diminutive castle, close to Brassac. Set amongst mature trees Le Moulin offers 5 guest bedrooms overlooking the garden or the pretty little River Séoune running through the garden. Each room's decoration is inspired by places such as Venice, Safari or Paris and for more practical comforts there are private bathrooms and wifi. Outside you'll find a private-beach along the river bank. Somewhere to enjoy

the calm and listen to the river's whisper. There are plenty of opportunities to relax at the Moulin de Jouenery and Spa and enjoy the 7ha of beautiful grounds, large swimming pool, Spa, Massages and lovely local walks.

The Rooms

Rooms have a flat-screen TV. Some units have a seating area where you can relax. You will find a coffee machine in the room. All rooms come with a private bathroom fitted with a bath or shower. For your comfort, you will find bathrobes, slippers and free toiletries. Moulin de Jouenery et Spa features free Wi-Fi.



The Wellness Center

Le Moulin also houses a lovely indoor swimming pool which with the Spa and rest room. The wellness center offers massages and treatments with organic products at an extra cost. Massage can be booked in advance to ensure a very relaxing stay



PROGRAMME

Day 1:

Upon your arrival at our Moulin, take time to settle in, relax on the terrace, explore the private park around the Mill. In the evening, you will enjoy a welcome reception followed by a dinner.



Day 2:

After breakfast relax in the Moulin and enjoy the wellness center. Book a massage in advance to even relax more.

After Lunch, departure for Two sisters in Aquitaine. Catherine and Isabelle Orliac open for you their domain registered in a terroir dedicated to the vineyard since the Romans. For generations officially appointed suppliers of Royal Courts in France and Europe, they will tell you through their products "Family Secrets" the evolution of wine and beverages over the centuries.

Dinner at the Moulin

Day 3:

After breakfast, departure à 9h30 for an historical day visit along the Garonne: Valence d'Agen, Auvillar et Moissac.

Tuesday mornings, it is the excitement in Valence d'Agen, with its renowned market that extends throughout the historic center. With its halls and places Cornières is a place ideal for strolling and discovering local products. A space is dedicated to the local productions, many: bread, cheese, prunes, ducks,



melon, fruits and vegetables which make the reputation of Tarn et Garonne.

Lunch break in Auvillar : 10 minutes from Valence, the village of Auvillar, labeled "most beautiful villages of France" offers a breathtaking view of the Garonne. The port of Auvillar was important for trade but also for the export of faïence. Possibility to visit the museum of faïence. The hall, circular, always contains grain measures, carved in stone.

The cloister of Moissac : Then, direction Moissac to visit a masterpiece of Romanesque sculpture: the cloister of



Moissac. With its 76 sculpted capitals, and its 118 marble columns, the whole distributes in a harmonious way, the whole offers a feeling of appeasement. Romanesque sculpture also shows people how to behave: on the church portal, scenes from the Underworld warn against greed.



Day 4:

Morning relax at the Moulin and initiation to Feng Shui. The art of feng shui is to arrange spaces to promote harmony. According to the followers, a feng shui place promotes health, success and well-being. Karen our expert will advise you on how to create harmony in your house. If you have plan you can bring with you as example, please do so.

After lunch, you will visit of a lavender farm: in the past, Quercy lavender was known for its specific qualities. From 1950 to 1970, Quercy produced 10% of lavender essential oils in France. We have been going back for ten years with this culture that our grandparents and our neighbors practiced.



soaps, candles, candies, meringues.

Lavender is in full bloom in the second half of June depending on the weather. The harvest and distillation take place from mid to the end of July.

At the Lacontal farm, they grow the lavender officinale in organic farming and we distill it on the spot ourselves. All products presented on this site and at the farm shop are made by craftsmen with our organic essential oil of lavender officinale:



Day 5:

In the morning: The old abbey of St Maurin

Discover the beautiful remains of the abbey of St Maurin, located in the heart of the village built of stone. The route begins under the beautiful hall of the 17th century and includes chapels, the abbey castle, the cloister, the old choir with carved capitals that tell the legend of Maurin; a walk in the gardens closes the visit.

Lunch break at the bastide of Montjoi



At 5 km, the bastide of Montjoi, perched on its rocky outcrop is a beautiful example of a new city created in the Middle Ages for the defense against the English during the 100 years war. Very pretty, this village overlooks the valley and watches his neighbor and rival Castelsagrat. Ideal for an outdoor lunch in a local restaurant, which allows you to discover the country house in two stages and in a slightly different way.

The +: Landscapes readings : The country of Serres, it is this geological zone characterized by the succession of rocky spurs and green valleys. A very steep terrain that stretches between the rivers Lot

in the north and the Garonne in the south. Thanks to its multitude of sources, its building materials and its fertile lands, this zone has welcomed populations of all times.

The fortified mill at the Ferrussac estate : A stone's throw from St Maurin, this mill has survived the centuries and still produces electricity. The visit includes the exterior of the mill and an interior room with painted ceilings and mosaics of the 17th century, the rest being private. It is also an opportunity to understand how the prune is obtained with the visit of the production area. Tasting of this dry fruit renowned for its vitamin content that would have been imported as early as the 12th century in the region.



Day 6:

Woad dyer Denise Lambert will reveal the magical properties of woad, the natural blue dye popular in Europe during medieval times. Denise has been dyeing with woad (Isatis Tinctoria) since 1994 and has made the study its remarkable dyeing properties her life's work. On this day, you'll be encouraged to explore the effects of double dipping and dyeing with new and vintage fabrics. And if you wish you can dye your own fabrics.



Day 7:

After breakfast departure for Lauzerte Market. The upper town, great exemple of medieval architecture, organizes its houses around the church of St. Bartholomew and Place des Cornières, one of the most beautiful in the region. The ramparts evoke the role played by Lauzerte, torn between the English and the French during the Hundred Years War. The old houses, Gothic or Renaissance, remind us that the city was also a paradise for wealthy magistrates and prosperous merchants. The latter knew how to defend the privilege of their quality of life.



Lauzerte continues today on this path, to the delight of its visitors. It is also a stop on the Saint Jacques de Compostelle Route.

Return after lunch in Lauzerte and relax at the Moulin.
Farewell Dinner and Concert at the Moulin



Day 8:

Departure after breakfast

Transfer to Airport Toulouse possible upon request

Conditions

When:

Sunday, June 3, 2018 (leave US Saturday June 2nd) to Sunday, June 10, 2018 (seven nights and eight days).

Sunday, September 2, 2018 (leave US Saturday September 1st) to Sunday, September 9, 2018 (seven nights and eight days).

Group Size:

This is an exclusive, small discovery workshop with very limited space availability (the minimum group size is 5 and the maximum is 10 pers.). We expect this workshop to be filled in quickly.

Price

Per person	2 850 €
Per person sharing	2 180 €

Included: All activities and entry fees, full board including drinks at the Moulin, full access to the wellness center, all transfers

Not included : airfare, outside restaurants, massages and extra or personal expenses

A non-returnable deposit of 500€ is required to book your place and the balance is due 6 weeks before the start of the workshop.

Visa and Mastercard accepted or payment by bank transfer

Moulin de Jouenery is an hour drive from Toulouse Airport. An airport transfer can be organized upon request.

We strongly recommend that you take a travel and health insurance before travelling to France

How to Register:

Please send us an email expressing interest right away; we will send you all the required information and documents.

We look forward to meeting you and sharing a lifetime experience!

Moulin de Jouenery et Spa

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