



**A Feast for the Senses: Mindful Exploration of the French Riviera**  
**September 28 – October 5, 2024**  
**Itinerary Framework (subject to change)**

**Arrival Day: Saturday, September 28, 2024**

Shuttle available after 12:00 pm

Check in at our villa in Cap d'Antibes after 3:00 pm

*Check with Betsy when you book your flights – we can meet up after 12:00 pm, and I will provide guidance about the day depending on your arrival time. Afternoon arrival is the best (morning arrival makes for a long day before check in).*

4:30 pm Meet and Greet, light evening snacks at the villa (included)

7:00 – 7:45 pm Evening restorative yoga for travel recovery

**Day 1: Sunday, September 29 | Antibes, we have Arrived**

Morning Yoga, Breakfast

11:00 Visit Antibes: Ramparts, Old Town, Shopping, optional Picasso Museum,

Lunch on own (not included)

3:00 Return/Downtime at Villa

6:00 Optional: PM beach yoga and snacks (snacks included, BYOB): Juan-les-Pins beach (Antibes)

**Day 2: Monday, September 30 | Les Vins et le Soleil**

Morning Yoga, Breakfast

11:00 Chateau du Cremat (vineyard and chateau): Tour, Tasting and/or Chateau de Bellet (vineyard): Tour, Tasting (included)

2:00 Arrive Villefranche-sur-Mer: beach, waterfront, Jean Cocteau chapel, lunch (not included), walking tour of marinas/waterfront (optional)

7:00 Chef-prepared dinner at the Villa (included)

### **Day 3: Tuesday, October 1 | Nice to be in Nice**

Morning Yoga, Breakfast

11:00 Nice: Marché aux Cours Saleya (market, shopping), Old Town, Place Massena, Promenade des Anglais (waterfront), snack (not included)

3:00 Le Plongeoir late lunch (group, not included est EUR 50)

5:30 Evening free/on own (stay at villa, go into Antibes town, go to Juan-les-Pins, go down to La Garoupe beach, etc.)

### **Day 4: Wednesday, October 2 | Island in the Sun**

Breakfast

10:00 Cannes Waterfront: Morning Beach Yoga

12:00 Ferry to Ile St. Honorat (abbey and vineyard): visit, lunch (included), meditation

4:00 Cannes: visit, shopping, waterfront

6:30 Evening free/on own (stay at villa, go into Antibes town, go to Juan-les-Pins, go down to La Garoupe beach, etc.)

### **Day 5: Thursday, October 3 | Lap up the Luxury**

Breakfast

10:00 Waterfront Morning Yoga in Cap d'Ail

11:30 Monaco: visit Palace, old town, lunch (group, not included est EUR 30), shopping, secret yoga spots (meditative moments)

4:30 Downtime at the villa or Cap d'Antibes nature walk

7:00 Chef-prepared dinner at the villa

### **Day 6: Friday, October 4 | Mountains to Sea to Parfumerie (or Chill)**

Morning Yoga, Breakfast

Options:

1. Day trip to Èze (approx. 1 hour away): visit old town medieval section/chateau; tour and perfume workshop at Fragonard (1 hour, not included) – transport included
2. Visit Antibes or Cannes again on your own: beaches, shopping, relax (transport not included, but reasonable and will be arranged for you. Destinations are not far.)

5:00 Down time at Villa, packing

7:00 Chef-prepared dinner at the villa (included)

## **Departure day: Saturday, October 5**

Morning Yoga, Breakfast

11:00 Departure from villa (shuttles to airport/train for departures today)

Schedule, activities, order of itinerary subject to change based on availability, weather, etc. Participants will be updated periodically to itinerary changes. A final itinerary will be available upon your arrival.

All yoga classes are optional, and you can decide at the last minute. All day trips are also optional. If you prefer to stay at the villa or in Antibes, arrangements can be made to ensure access in and out of the villa. Once a day trip has departed, however, it will not be possible to join it later or leave to go back to the villa earlier (other than in the case of an emergency). All day trip transport is by private minibus and chauffeur. No partial refunds are offered for non-participation in activities that are listed as included in the package. This includes but is not limited to: all yoga classes; daily breakfast of pastries, breads, coffee and tea; day trips transportation and tours; meals listed as included; shuttle from and to airport on Saturdays September 28 and October 5. Any replacement to these included elements cannot be reimbursed.

Please advise of any severe food allergies. The chef preparing some of our dinners will be advised accordingly. Access to vegan, gluten free, dairy free, and other dietary requirements cannot be guaranteed. You will have access to the villa kitchen and can research options that meet these requirements for any meals on your own. You may also bring snacks/meals that meet your requirements with you on excursions/day trips.