

Artemisia

women's retreat



Correns, Provence, France

10 - 14 May, 2023

11 - 15 October, 2023

www.artemisia-womens-events.com

*Join us for
a time
devoted to
self-care
through
nature,
beauty and
art*

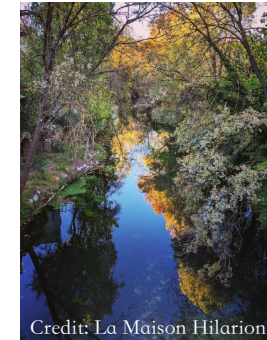


"Ressourcer" is a beautiful French word meaning to relax, renew, and replenish one's energy. One way we can do this is by stepping away from our busy, chaotic lives, and entering into nature, reconnecting with the land and all things beautiful and nurturing.

Over the course of four days, a small group of women, maximum 6, join together to "ressourcer" in the ancient lands around Correns, Provence, France's first organic village. We will soak up the beauty of the bird songs and rushing river, the sprawling vineyards and ancient rock formations. We will walk through the sacred forests of Saint Maximin-La Sainte Baume to the chapel in the cave where Mary Magdalene was reputed to have taught. This area has long been venerated as a power place for the energy of the divine feminine.

Correns, a picturesque Provençal village, has attracted beautiful women who are special sources of wisdom, inherited from their lineages and life experiences. One of these earth mothers, the artist **Niké Nagy**, will take us foraging for edible, wild plants in the nearby forest. Another wise woman, the artist **Shona Nunan**, will lead us deeper into the experience of the divine feminine through artistic expression. **Oriane Mutabazi**, a healer and leader of women's workshops, will accompany us throughout our journey, sharing ancient tools for creating intent, connecting with nature, and accessing our inner wisdom. **Ashley Macleod** will work alongside these women to create and hold a sacred space for deep renewal, regeneration and transformation.

Each day we will invest in our self-care through various healing modalities including yoga, massage, reiki, facials, acupressure, and sound bath. Daily walks in beautiful natural places will ground our intentions for vitality and wellness.



The women will stay in **La Maison Hilarion**, a boutique bed and breakfast in the center of Correns, providing tasteful decoration, a delicious breakfast, and a peaceful place to rest and unwind.

Lunches and dinners will be nurturing moments in the day, using beautiful produce sourced locally and prepared with love.

Your stay includes:

- 4 nights at the boutique bed and breakfast La Maison Hilarion (5th night optional but encouraged)
- Delicious, healthy meals made with gorgeous local produce
 - A day trip to Saint Maximin-La Sainte Baume
 - Daily gentle yoga
 - Sound bath experience with **Muriel Joulian**
 - Shiatsu massage with **Kim Hee**
- An additional therapeutic session such as facial, acupressure, reiki, and more

Price €1700 for 4 nights, €1820 for 5 nights
Transportation to Correns can be arranged

Retreat will be in English

Schedule:

The retreat begins on Wednesday afternoon and ends Sunday morning. You are warmly invited to stay until Monday morning. Sunday afternoon and evening we will enjoy exploring the treasures of the surrounding area together.

Your guides:



Ashley Macleod enjoys creating experiences that inspire healing, connection, and joy. Originally from North Carolina, Ashley now lives and works between the south of France, Tuscany, Lisbon, and the US, connecting her clients with artwork that inspires them, often discovered through unique experiences with the artists themselves. She is the founder of Artemisia Women's Events, creating opportunities for women to connect and support each other through Ladies Soirées around the world, and self-care retreats in Provence. Ashley has studied the healing arts for 15 years and is a certified yoga instructor. She is delighted to create a space for healing and rejuvenation through this retreat.

Ashley Macleod
ashley@ashley-macleod.com
+33 7 67 37 37 30



Passionate about natural health, the benefits of plants and the functioning of the human body, Oriane Mutabazi is also the lucky heiress of ancestral healing gifts. As an occupational therapist in pediatrics since 2008, she was able to deploy her knowledge of the human body, her empathy and her great sensitivity. Extremely intuitive, she then followed the path of what attracted her since her childhood: care on the invisible energetic level.

Today, as an energy therapist, she heals with her hands, in person or at a distance. She also leads women's circles, in the way of ancestral Amerindian wisdom, meditation workshops, and organizes retreats and workshops focused on well-being and spirituality. Oriane lives in Correns, Provence with her partner and daughters.

Oriane Mutabazi
mutabazi.oriane@gmail.com
+33 6 75 51 95 67