

Soulful  
Hideaway



# Soulful Hideaway; Retreat Information Pack

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✉ [hello@soulfulhideaway.com](mailto:hello@soulfulhideaway.com)

🌐 [Soulful Hideaway Retreat](#)

🏠 [Domain Madrona](#)





## What to expect

Welcome to **Soulful Hideaway**, a transformational wellness retreat in the south of France; your journey back to wholeness.

This is an small inclusive group experience, an immersion into nature, movement and healing practices for **self-discovery, re-alignment and healing.**

The intention behind **Soulful Hideaway** was born from the knowing that daily roles and responsibilities can pull us away from ourselves, leaving us feeling burnt out, even uninspired or frustrated. **Soulful Hideaway** is the 360 degree approach, with the belief that everything we do has impact - **what** we eat, **how** we move, **who** we surround ourselves with and **where** we are.

This is the experience that takes care of your physical, emotional and energetic wellness, paving the way back toward wholeness.

# What is included

- 5 night stay within the private estate of **The Domaine Madrona**
- A welcoming arrival **gift**
- 3 daily organic, locally sourced and freshly prepared **meals**
- A daily **movement** practice
  - Yoga
  - Mat-based Pilates
  - Jogging and hikes through the hills
- A daily **therapeutic healing** practice
  - Sound immersions
  - Somatic movement & breathwork
  - Medicinal Cacao
- A daily **activity** or **workshop**
  - Educational
  - Practical
  - Excursion
- A complimentary **massage** treatment
- Free **time**
  - Enjoy the area
  - Swim
  - Read
  - Relax
- Free flowing teas, coffee and nutritious snacks
- Like-minded growth **community**





## Option to add on

- Private one-to-one sessions with **Stephanie:**
  - Personal training
  - Mat-based Pilates
  - Yoga
- Private one-to-one sessions with **Jasmine:**
  - Nervous system support
  - Breath or sound therapy
  - Somatic body work & assisted stretching
- Additional **massage** treatments

**\*Request additional bookings prior to the start date  
to secure availability**

# Example schedule

~ Group Breakfast ~

## AM | **Practical Class**

We will start each day by exploring different movement modalities, such as dynamic yoga flows, Pilates and hikes through the Pyrenees. Experience the polarity of cultivating strength and activation, balanced with restorative practices that create space and stillness.

## AM | **Activities & Workshops**

Practical and educational workshops are another layer that support the transformational process, involving adventurous trips off site, personal development and sharing wellness expertise to implement back home. You will explore the healing landscape surrounding you, all while starting to gain a deeper understanding of yourself.

~ Group Lunch ~

## PM | **Free time**

Reconnecting with the outdoors is essential to our wellbeing and supports our body's natural process of healing. Hikes, jogs and swimming will be on offer to connect with the tranquility of our surroundings. This retreat offers ample time for self-discovery, allowing you to reconnect with your innermost thoughts and desires, either in the embrace of your retreat community or in precious moments of solitude.

## PM | **Therapeutic Healing**

Share in intimate healing circles exploring different energy work practices, celebrating medicinal soundscapes and therapeutic breathwork. Experience the profound power of communal support, as you embark on these introspective journeys of somatic release, emotional healing and re-alignment.

~ Group Dinner ~

# The Menu

We invite our guests to enjoy **three** nutritious meals per day, where everything prepared is;

- Organic, locally sourced
- Celebrating wholefoods, variety and balanced plates
- Prepared on-site, by our resident inhouse chef

At **Soulful Hideaway** we have prioritised both nutritional value as well as flavour. Seeing communal meal times to be a moment to celebrate and explore nourishing real food, that not only taste delicious, but make us feel our best, while being kind to the planet.

**\*All dietary requirements and requests catered for**

# Venue & location

The private estate of the **Domaine Madrona** is nestled within 234 acres of pine forest, within the Pyrénées. The perfect setting to facilitate relaxation and reconnection, blending the opulence of a luxury boutique hotel with the personalised and familiar atmosphere of a home.

Isolated and yet easily accessible, the Domaine is where we will be welcoming our intimate group of guests. Each of our ensuite bedrooms has its own unique touch, a perfect harmony between calm and coziness. All of the bedrooms are spacious, bright, and offer a magnificent view over the gardens.

All rooms have their own bathroom with a shower and different room configurations are available for booking, depending on your preference.

## Nearby areas to explore:

- Local village - [Castelnou](#)  
40 minute walk
- Local town - [Thuir](#)  
20 minute drive
- Large town - [Perpignan](#)  
30 minute drive





# Packing list

- Passport
- Personal supplements & medications
- Toothbrush & toothpaste
- Underwear
- Reusable water bottle
- Practical athleisure wear
- Comfortable casual wear
- An extra layer for the evenings
- Swimwear
- Footwear suitable for outdoor hiking
- SPF
- Insect repellent
- Travel adaptors
- Your open-mind and authenticity



**What to leave behind:** Your work emails, too many clothes, your highest heels

Each room is prepared with all the amenities you need for a relaxing stay, toiletries and linen.

No need to bring a yoga mat, we have everything you need for your practice, however if you wish to bring your own you are more than welcome to do so.

# Your complementary treatment

We welcome each guest during their stay to one **complementary treatment** from our experienced resident massage therapist. Treatments are scheduled throughout the afternoon, so you have time to rest and rejuvenate in-between sessions and meals.

You also have the option to book additional treatments during your stay.





## Payment & cancellation policy

Quadruple Occupancy Ensuite Dorm (Single Beds)

**£1590 / per person**

Deposit £900

Double Occupancy Ensuite Room (Double Bed)

**£1790 / per person**

Deposit £900

Double Occupancy Ensuite Room (Single Beds)

**£1990 / per person**

Deposit £900

Single Occupancy Ensuite Room (Double Bed)

**£2390 / per person**

Deposit £900

Dulux Private Apartment (Single or Double Beds)

**£9490 / for up to 4 people**

Deposit £3,600

**BOOK NOW**

### **Cancellation Policy**

Deposits are non-refundable and the balance is due 1 week before the retreat start date

# FAQ

- **What airport should I fly into?**

We have retreat guests join us from all over the world so depending on where you are traveling from, you can fly into:

Perpignan (30 minute drive from venue)

Girona (1.20 minute drive from venue)

Carcassonne (1.40 minute drive from venue)

Barcelona & Toulouse (2 hour drive from venue)

- **What is not included?**

Flights and transfers are not included. If you wish to arrange your own transfer, we suggest using the company Taxi A'Aqui ([transportsjordanedcedric@gmail.com](mailto:transportsjordanedcedric@gmail.com)). If you would prefer us to arrange this for you, the rates from the surrounding airports are:

- Perpignan £100 return
- Girona £300 return
- Carcassonne £400 return
- Barcelona £700 return
- Toulouse £750 return

- **When should I arrive?**

Savour the picturesque surroundings as you travel to Domaine Madrona, your new home for the days ahead. You are welcome to arrive at the venue from 12 noon onwards, check-in officially commences at 3 pm. We welcome you to use this time to immerse yourself in the ambiance before settling into your accommodation. Your standard check-out time is 11 am.

\*Please note there are no classes or activities scheduled for your departure day.



- **How can I book additional treatments or one-to-one sessions?**

After securing your spot on the retreat, please send an email to [hello@soulfulhideaway.com](mailto:hello@soulfulhideaway.com) to coordinate any extra add-ons. You have the option to schedule additional treatments and one-to-one sessions with practitioners. We strongly advise booking extra treatments in advance to guarantee availability and prevent any potential disappointment.

- **Are dietary requirements catered for?**

Our resident on-site chef is dedicated to crafting three daily meals, and we are fully equipped to accommodate dietary needs. Upon confirming your reservation for the retreat, kindly send an email to [hello@soulfulhideaway.com](mailto:hello@soulfulhideaway.com) informing the venue of any dietary requirements. This way we can make thoughtful preparations to cater to your specific needs.

- **Do I need travel insurance?**

Yes, we would always recommend you have travel insurance for any trip overseas. You do not need specific 'retreat' insurance.

- **Can I travel alone?**

We extend a warm invitation to all at our wellness retreat, whether you're a group of friends, or a solo traveler. Our retreat provides a safe space to come together and connect with like-minded people. Discover shared experiences and forge meaningful connections with individuals who share a passion for self-discovery and wellness.

- **What is the alcohol policy?**

While we don't enforce a stringent prohibition on drinking, our commitment to a shared wellness journey leads us to the belief that alcohol may not enhance your overall experience. We have opted not to provide alcohol with meals, instead we offer a variety of non-alcoholic alternatives for your enjoyment. We encourage you to embrace the natural euphoria that comes from engaging in the holistic practices and experiences available at the retreat.

- **If I have an injury can I still attend?**

If you have a particular injury, we strive to customise the experience to accommodate your requirements and are very much welcome. Much of our philosophy emphasises the exploration of your own body, providing you the time to move within your own capacity. You are invited to join in as much or as little as you wish.

- **What is the weather like?**

Temperatures can average between 18 - 24 degrees. The days tend to be sunny and warm, while the evenings a little cooler.

## A note from our retreat hosts

Thank you for choosing **Soulful Hideaway**, for embarking on this journey with us. This experience goes beyond being just a retreat; it stands as a sanctuary where profound connections and healing are made with both others and oneself. The best part about having lost yourself is you get to rediscover who that person is; you get to decide how you rearrange the pieces. We cannot wait to share this journey with you. See you soon, in the tranquility of the Pyrénées...

All our love,

*Stephanie & Jasmine*

*K*



