



4-Handed Cranio-Sacral and Mindfulness in the French Pyrenees

Saturday, June 2 to Saturday, June 9, 2018

or

Saturday, August 25 to Saturday, Sept. 1

6 days with 5 participants to receive three 4-handed cranio-sacral sessions
in the magical environment provided by
beautiful mountains, infinite skies, forests, mountain streams and organic vegetarian food



Ella Vassallo and Olivier Lelouch invite you to an experiential journey in the French Pyrenees. Together with 5 participants we will stay in an old farm house renovated with stones, wood, lime, hemp, slate and other natural materials.

« The power of receiving several four handed cranio-sacral sessions is augmented and supported by detoxing through healthy food, morning and evening practices and "just being" with the land, the sky, the wind, the birds, the waterfall and all nature offers. We have been witnesses and participants to the great potential for healing that can arise when we offer ourselves a week of communion with nature and a simple daily routine in a welcoming nurturing home. An encounter with yourself and nature... a true journey... a unique experience. »

Program

We will offer you three cranial sessions with four hands over the period of six days.

Every morning there will be an hour of meditation and gentle body exercises for encountering the new day. We may sometimes go and sit together in silence by the waterfall nearby.

Every day, simple mindfulness practices will be proposed in order to develop your ability to be fully present with all that is there in the present moment, with acceptance and no judgement.

Meals will be prepared with the help of a wonderful cook : mostly organic vegetarian foods sourced from local producers.

Outside the treatment times everyone is free to relax in their room or in shared spaces or to go out and explore nature, changing landscapes, old mountain trails, forests, fields, streams and waterfalls.

There will also be time to walk together into the mountains. On the day without treatments, if weather permits, we will offer a hike and a picnic.

Location

The house is situated in La Ruzole, at 900 m in a beautiful gentle valley of the French Pyrenees. From Toulouse which has an international airport, it takes 1h30' by train to Tarascon sur Ariège. You will be greeted and picked up at the station. Tarascon sur Ariège can also possibly be reached from Paris and Barcelona.



Dates and practical information

Arrival : Saturday, June 2 - Saturday, August 25 (super will be around 7pm)

Program : Sunday, June 3 to Friday, June 8 - Sunday, August 26 to Friday, August 31.

Leaving : Samedi, June 9 - Saturday, September 1st (after breakfast)

The complete arrangement with pick up from the train station, accommodation in the house for 7 nights, full board for 6 days with fresh vegetarian food from the local markets and producers, three cranio-sacral treatments with four hands and the additional program costs € 800. Registration will be validated with a deposit of €200. In case of your cancellation, 50€ will be kept and, in case of your cancellation less than 1 month before the beginning, we will not be able to return the deposit. The number of participants is limited to 5.

We are looking forward to sharing this with you. If you are interested and the time is right for you, please contact us :

Olivier Lelouch : tel +33 6 86 45 57 26

mail : olivier.lelouch@gmail.com

Ella Vassallo :

mail : ellavass@yahoo.com



Your Hosts

Ella Vassallo:

After training and working initially as a Jungian therapist, I began my cranio-sacral training at the Milne institute. After years as a student in Visionary Cranio-Sacral Work, I was lucky to become an assistant to Hugh Milne and to have assisted him in classes he taught in America, Europe and Australia. I have also continued to post graduate studies with Leonid Soboleff, Charles Ridley, Giorgia Milne and Jaap Van Der Wal. This biodynamic afferent invitation now guides my life and work. By surrendering to the guidance of The Breath of Life all becomes a meditation in Love and Compassion. Olivier's invitation to offer four handed sessions fills my heart with gratitude and joy. Thank you.

Olivier Lelouch:

The journey has taken me through encountering, learning and integrating various approaches in the fields of psychology and bodywork. I was lucky to learn from various teachers in Japan, Thailand and different European countries. I have completed the Visionary Cranio Sacral Work training with Hugh Milne and feel thankful to have assisted him in several classes he taught in Europe. I have also been trained with the IMA (Institute for Mindfulness-based Approaches) to become instructor of the MBSR Mindfulness Based Stress Reduction program (www.mbsr-toulouse.com).

We have now offered these cranio-sacral retreats with Ella for 3 years. I each time feel touched, honored and grateful that Ella comes all the way from Florida to share these special days.

