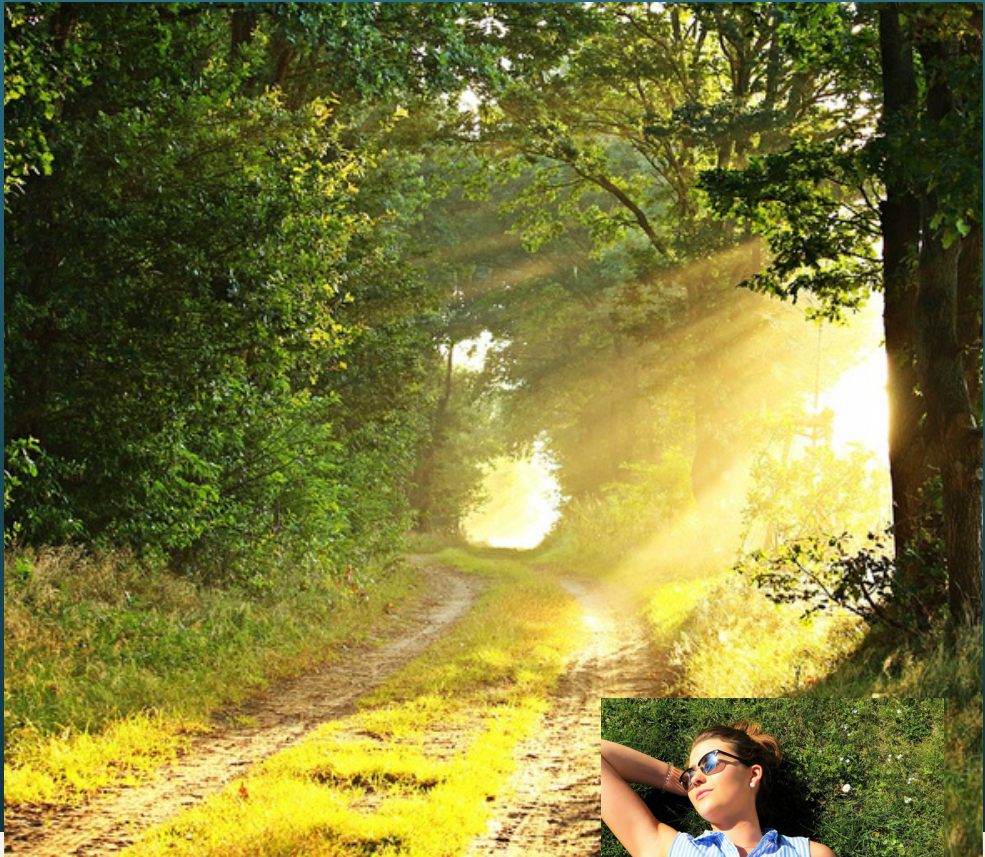


Esprit Meraki Retreats

Camino de Santiago de Compostela

4 Life-changing Retreats in the Southwest of France



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Camino de Santiago Retreats

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INTRODUCTION

Bonjour et Bienvenue! I'm Margaretha Montagu.

Are you desperate to escape the endless demands and ever-escalating stress that is threatening to overwhelm you? Are you wondering if you will benefit from going on a retreat?

I live in the southwest of France, about 2 km from the Camino de Santiago de Compostela. I created The Esprit Meraki retreats to introduce as many people as possible to the life-changing influence of the Camino. Having attended a fair number of retreats myself, I am so convinced of the significantly stress-reducing effect of attending retreats – onsite as well as online – that I have made it my life's work.

Going on a retreat is about embarking on a potentially life-enriching Journey...

We go on retreats to withdraw from our busy lives and to go deep within ourselves, to reconnect to who we really are and what we truly want.

...following the Camino de Santiago de Compostela

During an Esprit Meraki Retreat, you have the opportunity to fully recharge your batteries, reconnect to your authentic self and reconstruct your life to be the purposeful, meaningful and fulfilling life you always wanted to live.

In few other places you will find all the ingredients of an unforgettable retreat combined with such abundance as in Gascony: fabulous food, outstanding wine, generous people and the breathtaking beauty of mountains, rivers, lakes and medieval villages perched on hilltops.

Looking forward to welcoming you on one of these retreats!



Margaretha

Dr M Montagu

MBChB MRCGP Master NLP Pract, Life Transitions Coach Cert, Counselling Cert, Med Hypnotherapy Dip, EAGALA Cert

INVITATION

Make Your Next Retreat Your Best Retreat Ever

Spending your hard-earned cash on what you hope will be a life-changing (for the better, of course!) experience, only to walk away feeling unsatisfied is frustrating and disappointing.

Deciding to go on a retreat is a great idea, but it can be nerve-wracking to choose the perfect retreat. You do, after all, want to get the most out of the dream experience of your choice.

So, before you set off on your next retreat adventure, [subscribe to my retreat newsletter](#), and download my *How to Make Your Next Retreat Your Best Retreat Ever* e-guide to discover the top tips I use to make sure I get the most from a retreat I attend.

In addition, you will receive my newsletter with notification of any last-minute or early-bird special offers on my retreats here in the south of France, so leave your e-mail address with me, download the 30+ page playbook and start preparing for your next retreat!

All emails contain an unsubscribe link. You can opt-out at any time. Your contact information will never be sold or shared.



RETREAT I

The Camino de Santiago de Compostela Hiking Retreat (without a heavy backpack)

In 5/7 days, reconnect with your authentic self, with your past and your future, with others and with nature on this exceptional retreat.

Walking the Camino de Santiago can change your life – you can find solutions to problems, answers to questions and clarity on the way forward – just as thousands of hikers have before you, for the last 800 years.

Hundreds of thousands (over 200,000 in 2018) of people from all walks of life make their way to Santiago de Compostela via one of the pilgrims' routes each year.

For most, it is an unforgettable experience.

Find out more...

Is walking the Camino on your bucket list?

On this unique walking retreat, everything will be taken care of for you. You will sleep in the same bed each night, you do not have to carry a heavy backpack with you, and you will eat healthy, home-grown and homemade food – all you have to do is concentrate on experiencing everything that walking the Camino has to offer.

You will also learn more about **walking meditation as a stress management strategy**. You will also have the opportunity to visit a local wine seller, where you can sample some of the best wines the region has to offer.

It's easy to get here: just fly to Bordeaux or Toulouse and rent a car/use public transport to get to the retreat.



RETREAT II

The New You: Detox Your Body Detox Your Mind with Intermittent Fasting Retreats

Are you ready for a weight loss retreat that will leave you feeling vibrantly alive, full of joie de vivre, deliciously indulged and profoundly relaxed from the top of your head to the tips of your toes?

You want to lose weight, but you don't want to harm your body while you shed the kilos. You want to eat healthily while you get rid of the excess weight that puts you at risk of a variety of diseases, as well as infections.

This is your opportunity to test-drive intermittent fasting, aka time-restricted eating, to find out if it suits you, while at the same time detoxing your body and your mind, while walking the Camino de Santiago de Compostella. During this **3 – 28 day retreat**, hosted in the foothills of the mighty Pyrenées mountains in the sun-blessed south of France, and have all your **questions will be answered by a medical doctor** who has been living this lifestyle herself for several years.

Do you feel stuck in a rut and desperately long to escape?

If you do, then a Detox Your Body Detox Your Mind with Intermittent Fasting retreat here at Esprit Meraki in the south of France is the perfect way to kick-start a weight loss program that will enable you to lose weight and keep it off permanently.

[Find out more...](#)



RETREAT III

Connect with Horses to Master Mindfulness and Meditation



Have you always been fascinated by horses, and longed to connect with them on a deeper level but have always been intimidated by their size?

This exceptional escape to the south of France offers you the opportunity to make that connection and benefit abundantly from the horses' intuitive and authentic wisdom. You will spend the whole retreat in the presence of these patient, caring, and generous animals. You will be able to breathe with them, touch them, talk with them, walk with them and share your most secret thoughts with them.

During the Mindfulness Meditation with Horses Retreats in the sun-drenched south of France, you will first and foremost, be able to rest, relax and recharge your batteries. You will also benefit from attending this retreat because, with the help of my horses, you will develop a new set of skills to help improve the quality of your life.

[Find out more...](#)



RETREAT IV

Christmas Binge Reading Retreats (with the odd Camino walk)

How many times during Christmas holidays in the past have you **wished to be left alone to read your book** in front of a roaring fireplace, with a mug of coffee/chocolate/gluhwein in your hand, a Christmas tree twinkling in the corner, a soft rug warming your knees and your feet tucked under you in a comfy chair? At this Christmas Reading Retreat, your wish can become reality.

When all you wished was to sit quietly and undisturbed, with **your nose in your favourite book**, you instead had to cope with a house full of guests. You had to get the Christmas Day meal (with all the trimmings) ready, listen to your family endlessly complaining about this, that and the other, clean up after everyone and keep the children from killing each other, or the dog or the cat etc.

Undisturbed Reading Bliss is within Reach at this Christmas Reading Retreat

This year, how about escaping this year to a winter wonderland in the south of France, where you'll be able to **spend the whole day reading if that's what you want?** You won't have to worry about meals, or about keeping the peace, or about keeping the house standing. No one will make demands on your time, or make ever-more-desperate attempts to get your attention, or blow up the kitchen in an attempt to help with the cooking...

Here in the heart of the Cotes de Gascogne vineyards, you can **read to your heart's content**. You can go for short (or long) walks in the glorious surrounding countryside. You can sit down to scrumptious meals without having to do any cooking, and sleep as long as you want in a cosy bedroom in this 200-year-old, lovingly restored French farmhouse.

[Find out more...](#)



ACCOMMODATION

Stay in an authentic, lovingly-renovated 200-year old French Farmhouse

La Maison Meraki nestles in the middle of a sunny clearing in the heart of a great and ancient forest, like a little old lady gathering her shawl around her bony shoulders. She has been here for at least 200 years, from her elevated position she looks out over the treetops to the mighty Pyrenées mountains. Who knows who has ventured over her threshold, maybe D'Artagnan himself, the chateau where he was born is only a few kilometres away.

The half-timbered farmhouse faces southeast, towards the sunrise. She has her back to the sunset, where the cold winds and weather come from in the winter. The house is U-shaped, with a central, secluded courtyard, where lavender perfumes the air in the summer. There are two guest bedrooms downstairs, each opening onto its patio where guests can sit and soak up the sun with a cool drink and a good book. There is a third bedroom upstairs, with glorious views of the surrounding woods, meadows, vineyards and sunflower fields.



LA CUISINE DE LA GASCOGNE



Slow and Sustainable Travel

"How is it possible that the most intellectual creature to ever walk the planet earth is destroying its only home?" Jane Goodall

It is important to me that the retreats I offer, do as little damage to the environment as possible, while at the same time contributing to the local community's economy. I feel more like the custodian than the owner of this property – I feel extremely privileged to live here. As its custodian, my intention is to look after Maison Meraki to the very best of my ability and to preserve it for generations to come. In the meantime, I share the exceptional natural beauty, the rich cultural heritage and the nurturing tranquillity of this open- and warmhearted house with my guests without harming the natural environment and helping environmentally aware local producers at the same time.



Guestimonials

More Testimonials (with photos)

I've been wondering where to begin with thanking you for the wonderful experience at your place. It was such a valuable time for me, ranging from being immersed in the gentle beauty of the French countryside, getting a taste of the Camino, to your hospitality, openness and the privilege of getting a small glimpse into your remarkable life journey. And, of course, the horses, cats and huge hound are a bonus!! Hopefully, I will have another opportunity to visit Esprit Meraki some time in the future! Lausanne O.

My stay with you at your beautiful home exceeded all expectations. We had three wonderful days walking the Camino on routes that benefitted from your extensive knowledge of the area to take in all the beautiful surrounding scenery and adjust to a relaxed pace of life. You were an excellent and welcoming host and I am looking forward to returning to your little sanctuary of rest and relaxation. I really enjoyed our visit to you and have come away feeling the benefits. I enjoyed our conversations and your great insights, I think I can safely say that Nikki and I both managed to answer some of the questions that were playing on our minds and are now feeling that we're on the right track for future successes in our lives. I really hope we can join you again and in the meantime wish you all the very best for your busy summer. Anna W.

Spending time in nature and moving during hours in the forest or in a field helped me see where I wanted to move in my life. I gained clarity about my direction, my projects and desires in different areas of my life. I got very enthusiastic and I love that feeling! During the evenings we shared dinner and had very interesting conversations, you gave me new ideas and new points of view that were really enriching. I liked listening to your wisdom and exchanging with you. Thank you for this experience! Barbara M.

WHAT ELSE?

This could well be the beginning of something good.

The onsite Esprit Meraki Retreats here in the sun-kissed south of France, as unique and unforgettable as they are, is not all that Esprit Meraki (meaning "made with love") has to offer.

So many of my retreat guests, having worked until the very last minute, arrive at Esprit Meraki completely exhausted and then need 2 or 3 days of their 5/7 day retreat to unwind, before they are in a fit state to fully benefit from everything the retreat has to offer. I now offer the **Burnout to Breakthrough Blueprint** online retreat as preparation for your onsite retreat, which you can complete the weekend before you come to Esprit Meraki.

Post-Retreat Support

Short-term

Sometimes, 5 or even 7 days are not enough, and more and more guests ask for a structured post-retreat program, to review what they have learned during the retreat and determine how they can apply their new skills to their everyday lives. This sounded like a very reasonable request to me, I have often felt the same, that there is still so much that we wanted to talk about, that we wanted to share, so I needed little encouragement to create the **Bridge Builder's Blueprint** (see below) post-retreat program.

Long-Term

For those who want a more in-depth post-retreat program, lasting for 6 weeks (or longer) I created the **Meraki Treasure Map** post-retreat mentorship. This unique transformational online program will help you to create a clear, concise and accurate map to help you find your way from where you are now to where you want to be, even if at this moment in time, you may have no idea where exactly that is.

[Find out more here...](#)

Dr Montagu is also the creator of the **Teach Mindfulness and Meditation with Horses online course** and the onsite **Mindfulness and Meditation with Horses Teacher Training retreat** here in the south of France.

She also leads three 8-day top-of-the-range retreats at Esprit Meraki each year, in August:

- Dr Margaretha Montagu's Complete Cultural Immersion and Camino de Santiago Walking Retreat
- Dr Margaretha Montagu's Great Spring/Autumn Detox Your Body and Detox Your Mind with Intermittent Fasting Retreat and
- Dr Margaretha Montagu's Connect with Horses to Master Mindfulness and Meditation Retreat



If you would like to know more about Esprit Meraki and about Dr Montagu, her 6 insight-giving personal development books (including the *Fabriqu  en France* series) are all life-enriching, subtly French-flavoured, and horse-inspired and are available from Amazon as well as from Nook, Kobo, iBooks, Scribd and directly from her website at MargarethaMontagu.com/books/

