



Esprit Merahi

Savoir Vivre Vignettes

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A great Sunday morning to you from the sun-blessed south of France!

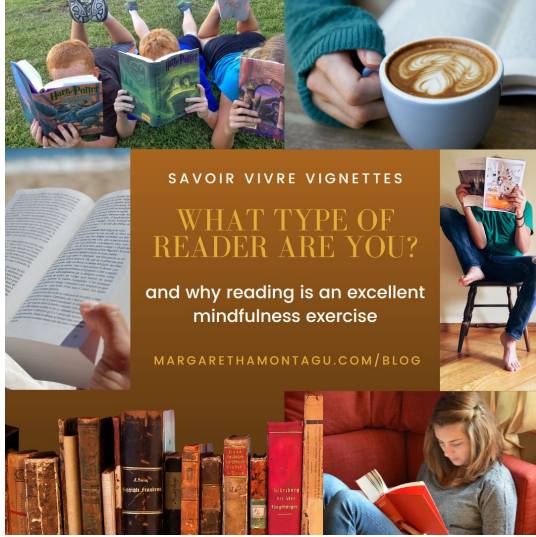
What a relief, yesterday we finally got some rain. After a summer with several heatwaves and a suffocating drought, this rain has been a blessing. This morning the sun is back, sparkling on the wet vine leaves, now dressed in glorious autumn colours.

The horses have taken it all in their stride, spending the days in their shelter in the woods and grazing the meadows during the night. Our last [Connect with Horses: Your Guides through Life Transitions](#) retreat is scheduled for the 23-27th of October. After this retreat, the horses retire for a well-deserved rest until April next year. There are only 4 [Life Transitions – find your Way through by Walking the Camino de Santiago Retreats](#) and [The New You: Detox Your Body. Detox Your Mind with Intermittent Fasting Retreats](#) scheduled for the rest of the year – if you are interested, please let me know asap!

One of this week's articles is about what to do if you don't want to settle for second best anymore – in preparation for the [2023 New Year – New Vision Retreat](#), and the other is a tongue-in-cheek look at various type of readers. We'll discuss this in more detail during this year's [Christmas Binge Reading Retreat](#).

Thanks so much for your continued support, we are all very grateful to have you onsite.

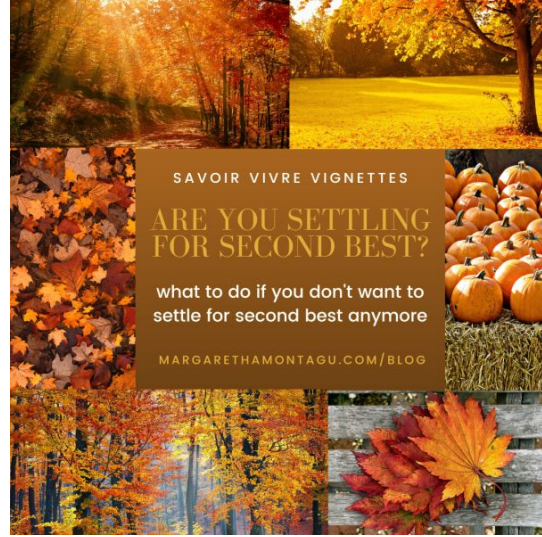
This week's articles:



What Type of Reader are you?

Maybe you will recognise yourself as one of the stereotype readers mentioned, or maybe you will discover that you are a combination of more than one stereotype in this lighthearted look at different types of readers. If you love reading, consider yourself invited to my [Christmas Binge Reading Retreat](#).

I realise that I am probably preaching to the converted, but reading is... [Read more...](#)



Settling for Second Best?

Rather a lot of us, during this pandemic, have had to settle for second, third or fourth best, we often had to settle for whatever we could get.

Before the pandemic, were you planning to change careers, start a business, end a relationship, go back to school, lose weight, or move to another country? Maybe, because of the pandemic, you have had to shelve your plans.

If you have been settling for second best, just to survive, [read more...](#)

This week I'm offering a last-minute **20% discount** on the 5-day [Life Transitions – find your Way through by Walking the Camino de Santiago Retreat](#) that starts on the 1st of October.

If you would like to join us, please let me know by sending an e-mail to margarethamontagu@gmail.com and mention "Meraki20/1/10" to get the discount.



If you have already subscribed to my Best Retreat Ever Mailing List, thank you so much! By now you have probably downloaded the **Make The Most of Your Next Retreat workbook** and you might even have benefitted from the content. If you haven't subscribed yet, it'll be great if you [subscribe here](#).

Have a great week,

Margaretha

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