

[Retreats](#)[Books](#)[Blog](#)[Get in touch](#)

Finally! Spring has sprung here in the southwest of France, and not a day too soon. Everywhere you look fresh green growth is bursting forth, my fruit trees are in full blossom and the bees are back and buzzing busily. Soon my 200-year-old lime trees will flower and fill the air with their delicious perfume...

Before we go any further, I would like to welcome all new subscribers that joined us from the Journeywoman website, I am very grateful for your presence and hope that you are finding the **How To Make Your Next Retreat Your Best Ever** e-book an eye-opener. I worry from time to time that I might have been too honest when I wrote it!

With two [residential retreats](#) under my belt already this year, this email includes a **last-minute offer on April's retreats** (see below) and an overview of what I have been up to the last two months.

My **Burnout to Breakthrough Blueprint** online retreat is up and running - a humongous thank you to the members of my Beta-group who helped me fine-tune it and left such raving reviews - [see here](#) - I'm hoping that this 2-day retreat can also function as an onboarding pre-retreat for my residential retreat guests. They often arrive so stressed that it takes a couple of days before they are relaxed enough to fully benefit from the retreat.

If you know of anyone that is teetering on the edge of burnout, please direct them to my online retreats! I am creating these as a backup, to provide me with income should my sight deteriorate further.

I strongly believe we do not have to go on a quest to find our life purpose. I am convinced that we choose our life purpose and that our life purpose changes many times during our lifetime - so I am thinking of creating another online retreat explaining how to do this. As many of my residential retreat guests come to walk the **Camino de Santiago** to help them through a life transition, knowing what their life purpose is could help them make difficult decisions,

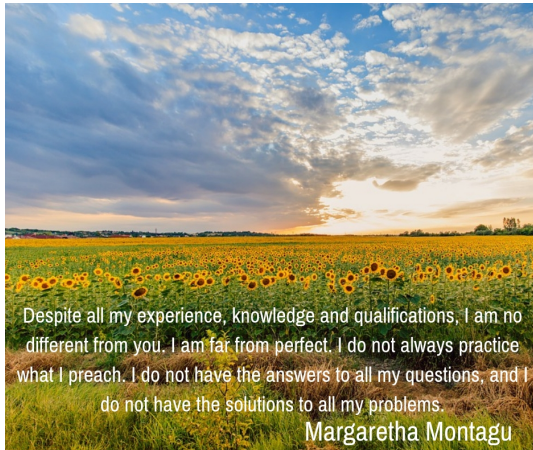
What do you think? Could you send me a quick email to let me know if it's worth it? I personally reply to all my emails.

My May 23 retreats are fully booked, but I do have some availability in April and in June, on all my retreats.

If you are on LinkedIn, I'd love to connect there too: [Dr Margaretha Montagu on LinkedIn](#). And I have a new Pinterest account, dedicated solely to my retreats, where I desperately need more followers: [Margaretha Montagu Retreats](#)

Thanks so much for reading my Sunday morning ramblings, I am very grateful to have you onside.

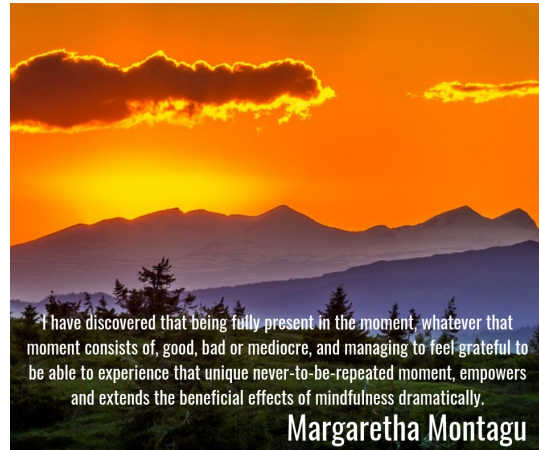
This month's articles:



Could you have seen that Burnout coming – In Yourself and in Others?

"I just need a break." Often, when people write to me to make enquiries about [my stress management retreats](#), either online or onsite here in the south of France, this sentence features prominently in their email. I have learned to sit up and take notice when I come across this sentence.

Have you said that to yourself or to others recently? Did someone else say this to you? [Read more...](#)



If you have never been on a transformational retreat before...

...you may wonder why. People go on these retreats. One reason is because transformational retreats can be a powerful tool for personal growth. By creating a supportive environment, offering opportunities for personal development, and promoting mind-body connection, transformational retreats can help individuals gain new insights and perspectives... [Read more...](#)

This month I'm offering a last-minute **15% discount** on any retreat booking for a residential retreat in April 2023.

If you would like to book a retreat in April, please let me know by sending an e-mail to margarethamontagu@gmail.com and mentioning "Meraki26March23" to get the discount.

If you have already bought one of my books, thank you so much! If not, I recommend this one, the 5th and best book I have ever written. It's full of smart suggestions, insight-giving



stories and simple strategies to help you cope with challenges so that you will never get stressed about dealing with change again. [Find out more...](#)

Have a great week,

Margaretha

Dr Margaretha Montagu

Esprit Meraki
France

MargarethaMontagu@gmail.com



You received this email because you signed up to my mailing list at one of my websites: MargarethaMontagu.com or EquineGuidedGrowth.com.

[Unsubscribe](#)



Esprit Meraki
Retreats in the South of France

MargarethaMontagu.com

SENT BY
mailer lite