

Mandala

Your Complementary Colouring Book

Your Name:

Date:



Esprit Meraki Retreats



Welcome to my Esprit Meraki Mandala adult colouring book, specially curated for you to promote mindfulness, during any of my retreats, whether online or onsite here in the south of France. Allow yourself to unwind, let go of all your stress, and discover the surprising stress-busting power of colouring.

It is my life's mission, first as a medical doctor and now as a retreat host, to help you manage stress so that you can avoid the permanent physical and psychological damage stress can cause. This colouring book is another tool in my toolbox.

Within these pages, you'll find a selection of intricate designs inspired by age-old soothing patterns. Each illustration is thoughtfully crafted to engage your senses and ignite your imagination, providing a meditative escape from the hustle and bustle of everyday life.

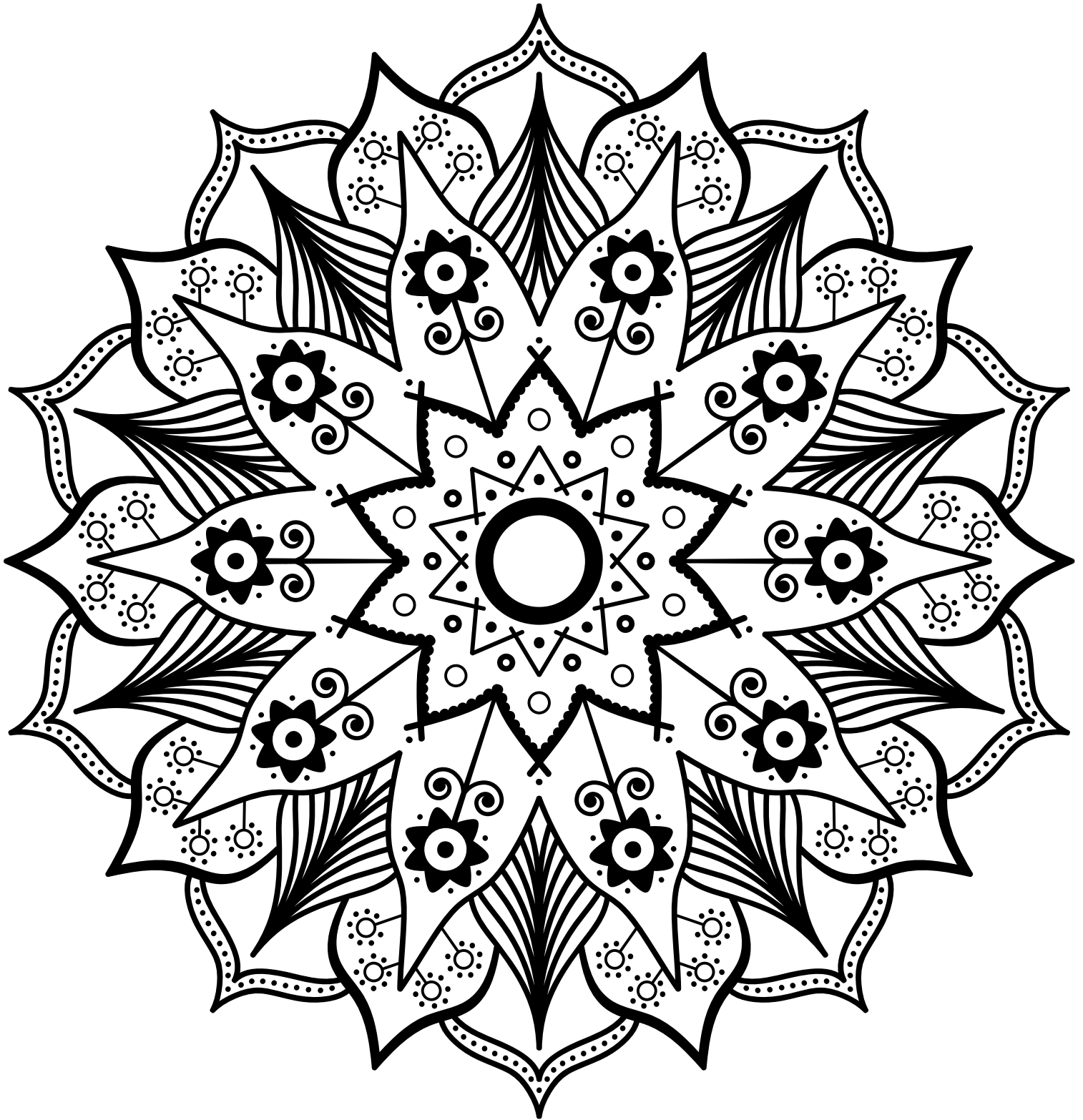
Colouring isn't just about filling in shapes – it's a form of artistic expression that allows you to tap into your inner world and find inner peace. Whether you choose vibrant hues or subtle shades, every stroke of colour becomes a reflection of your imagination, so as you immerse yourself in the rhythmic motion of colouring, take a moment to connect with your breath, allowing each inhale and exhale to anchor you in the present moment. Let go of any expectations and simply allow the colours to flow freely, embracing imperfection as part of the creative process.

I would like this colouring book to serve as a gentle reminder to prioritise self-care, even amidst the often overwhelming demands of daily life. Whether you're seeking solutions, inspiration, or simply a moment of quiet reflection, may these pages become a sanctuary for you - a place where you can practise mindfulness and reconnect with your innermost self.

Go on, let your creativity soar.



Margaretha



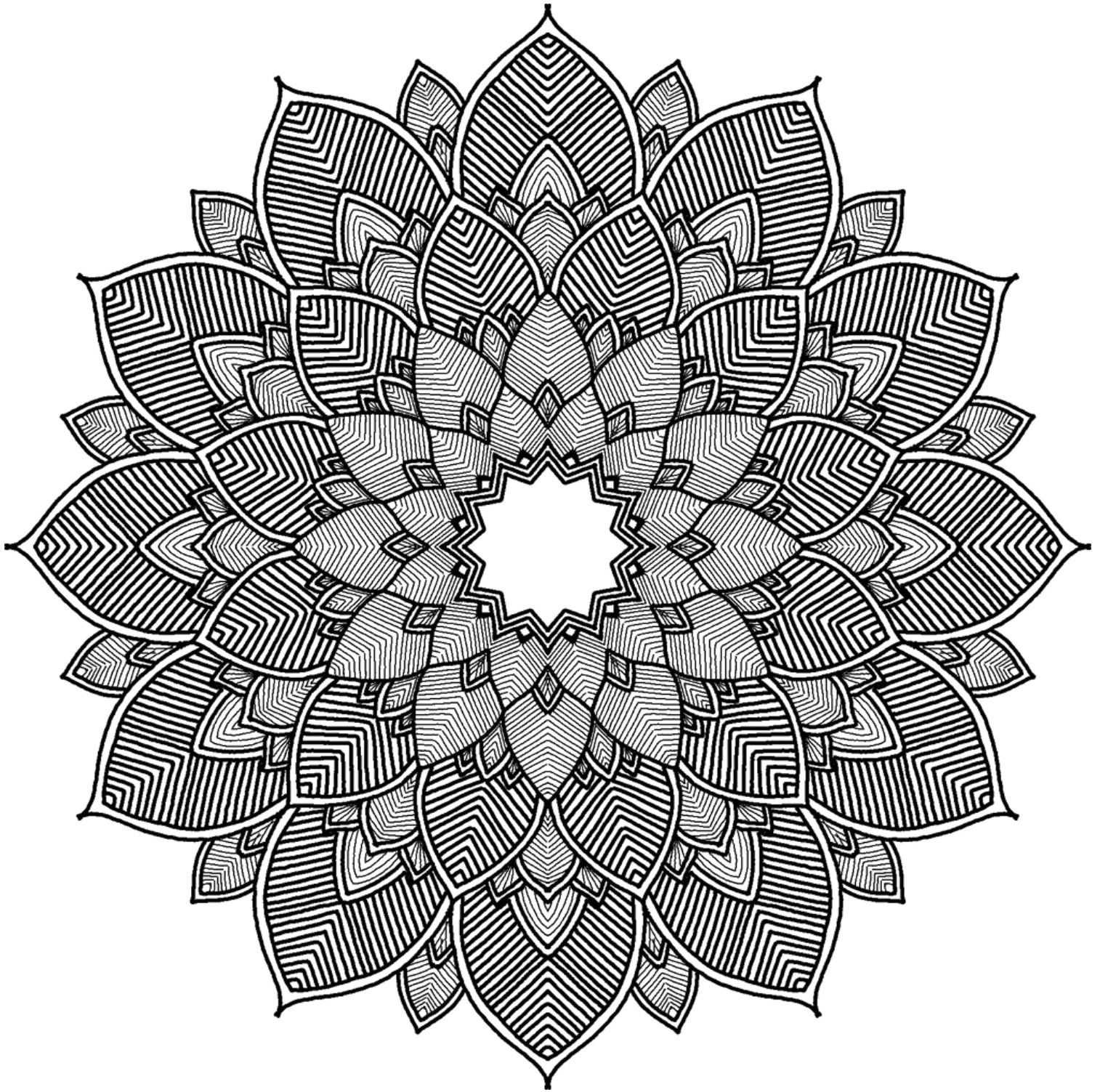
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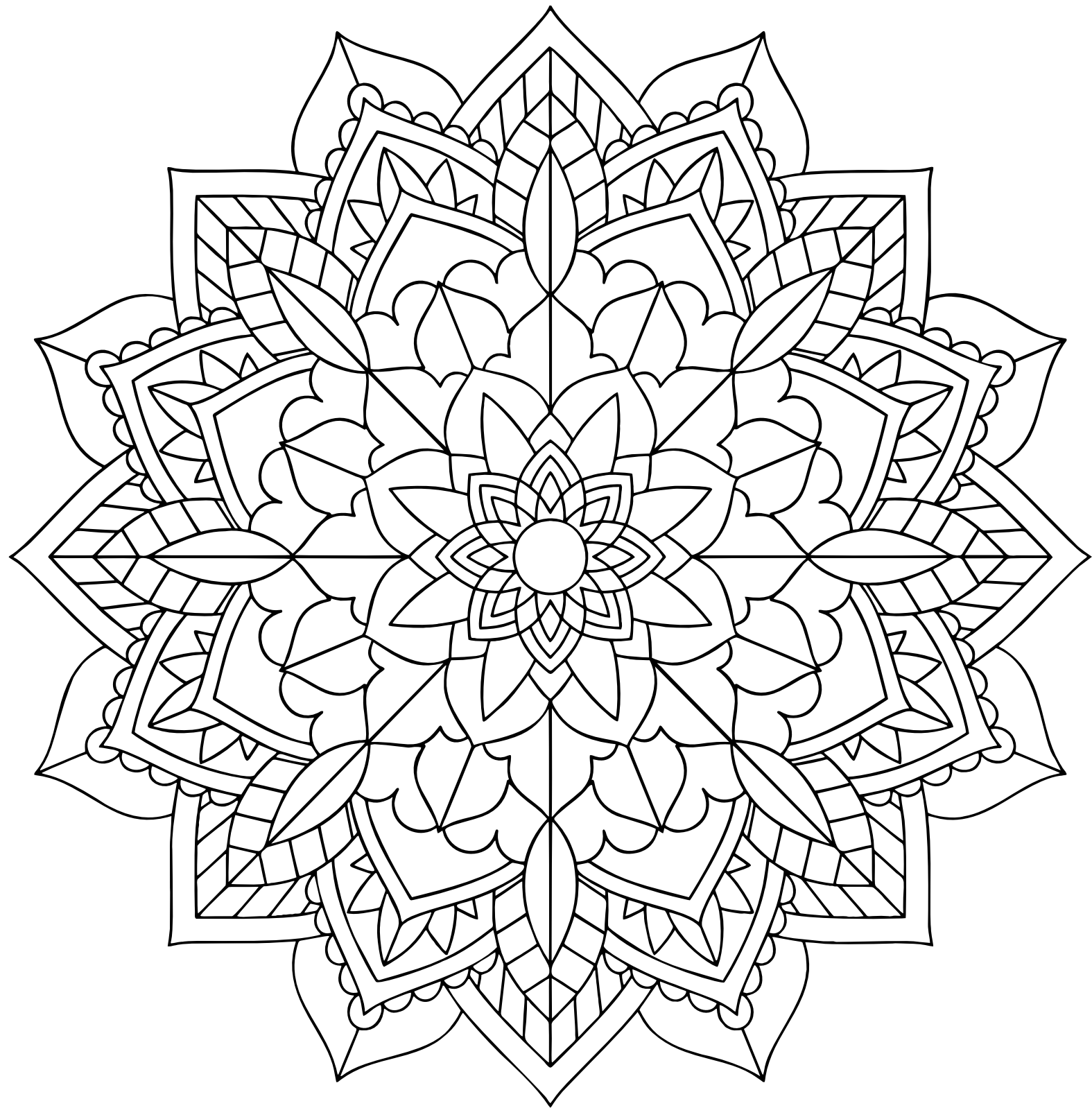
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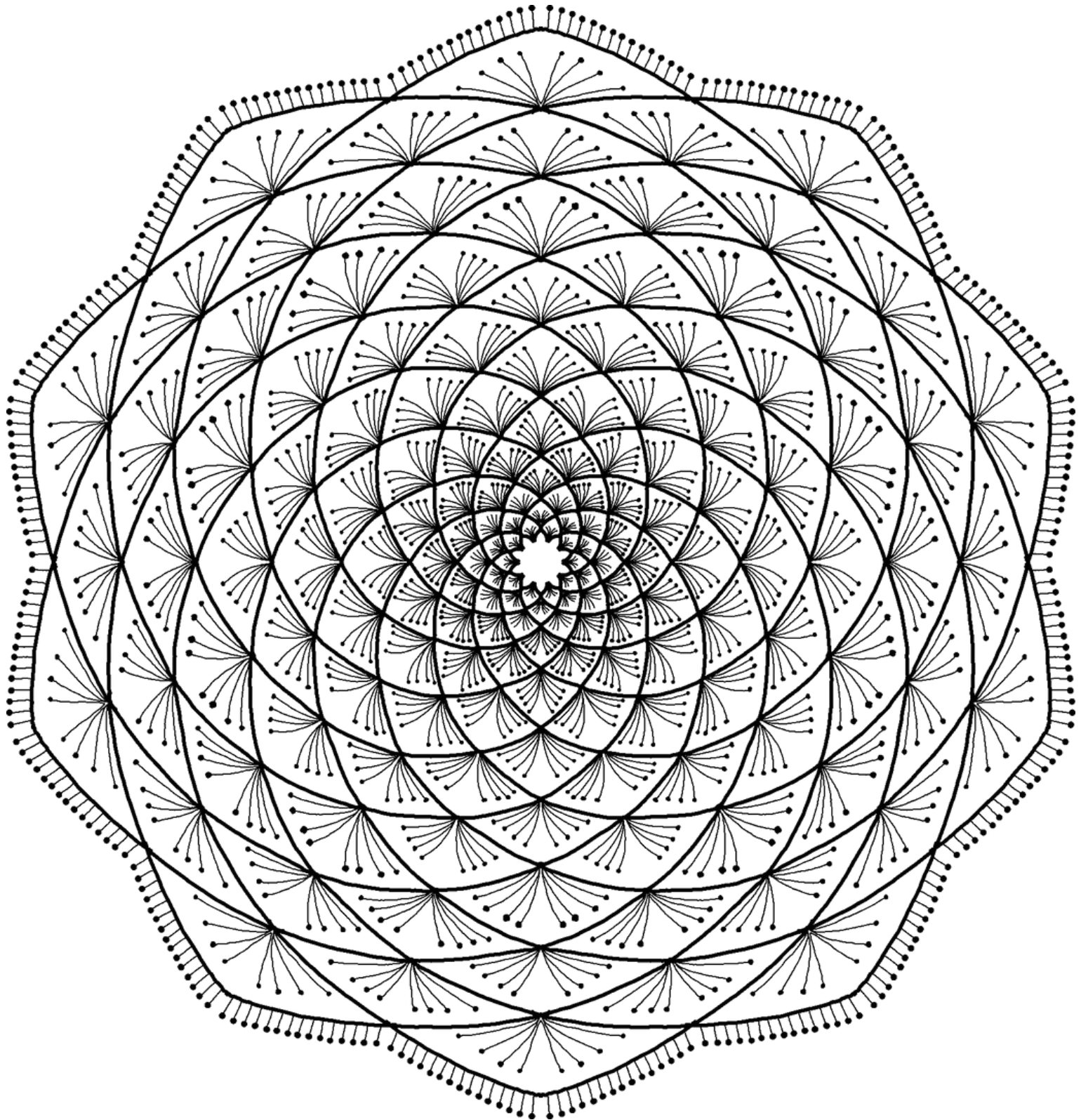
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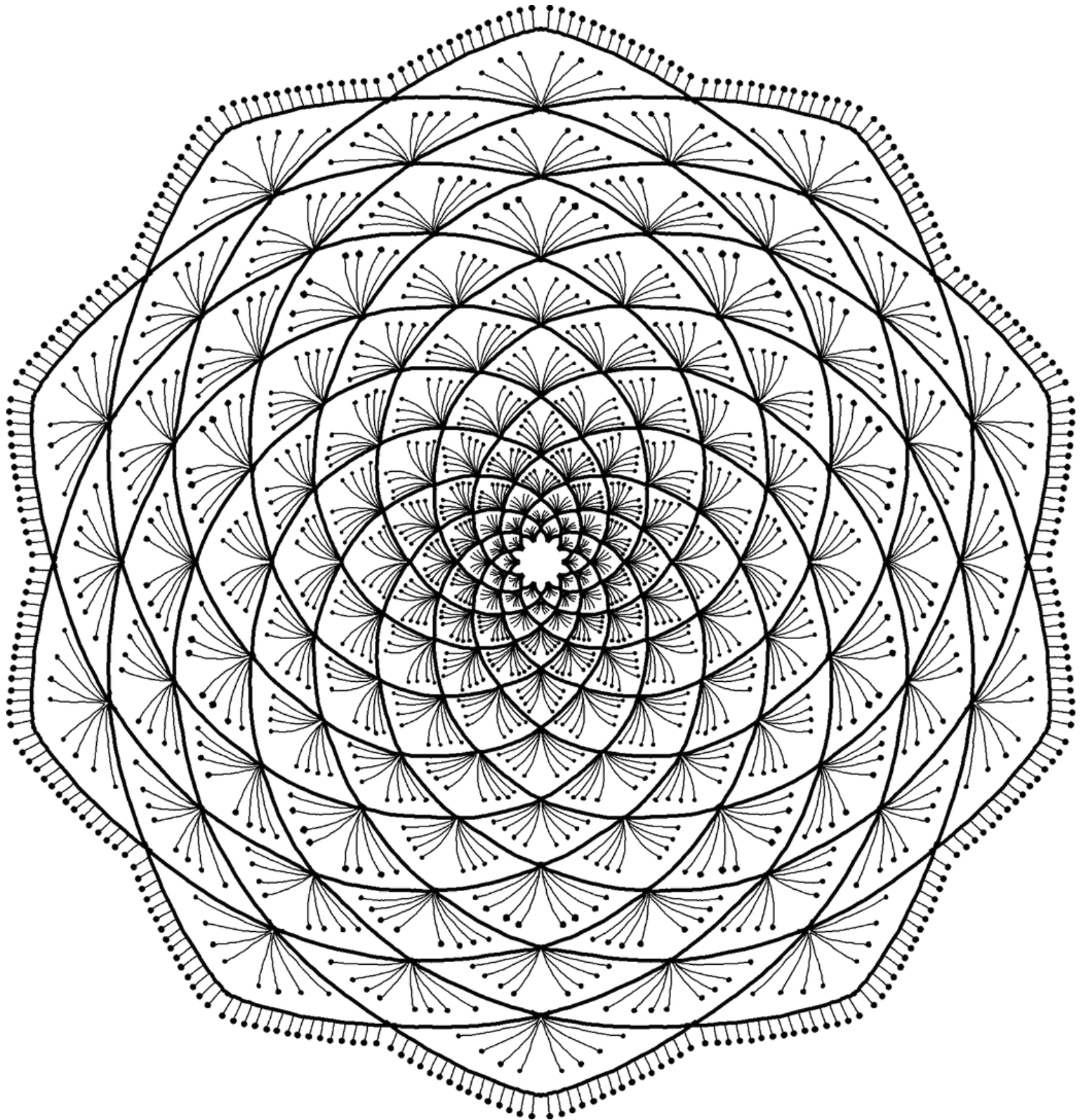
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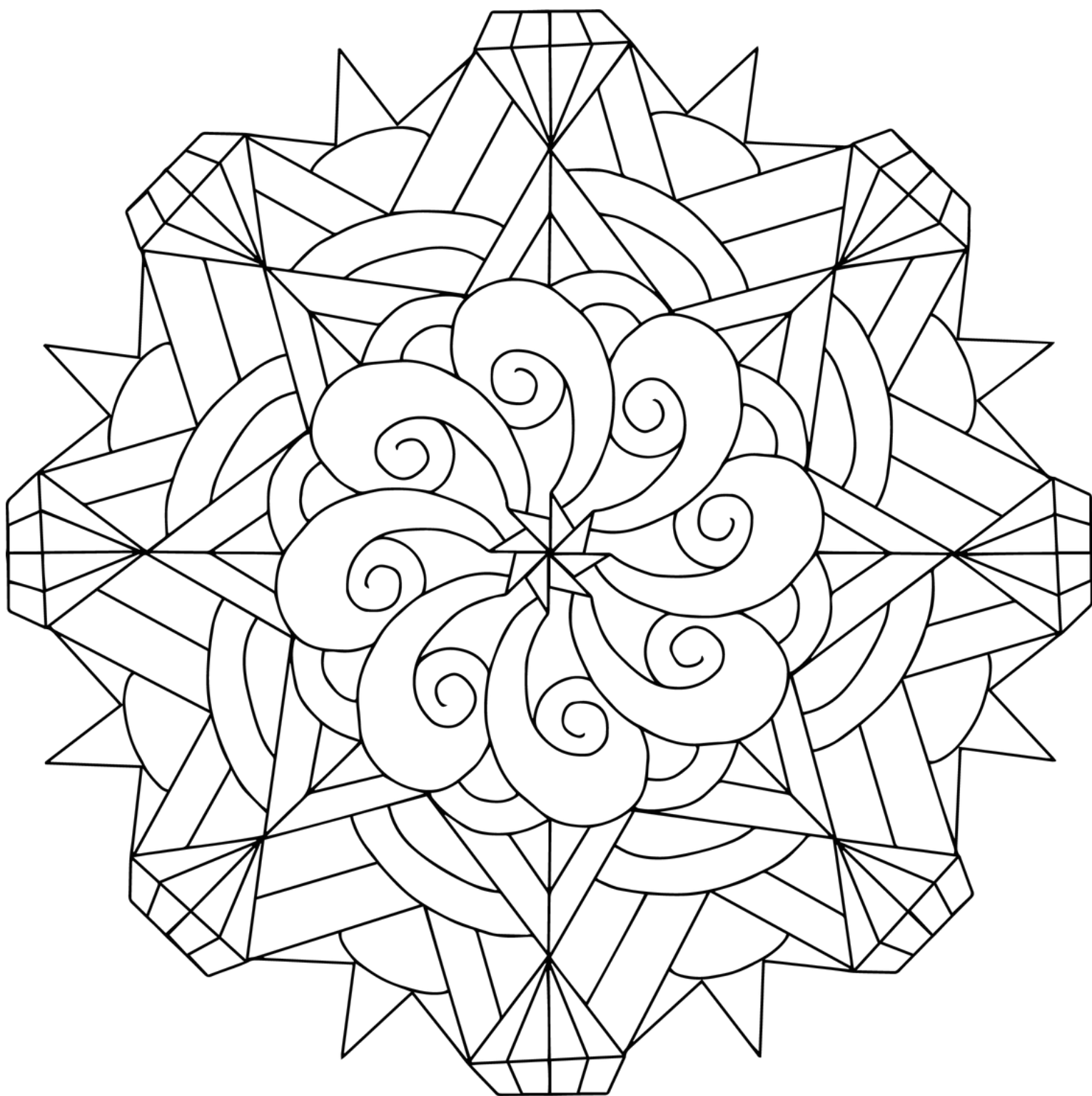
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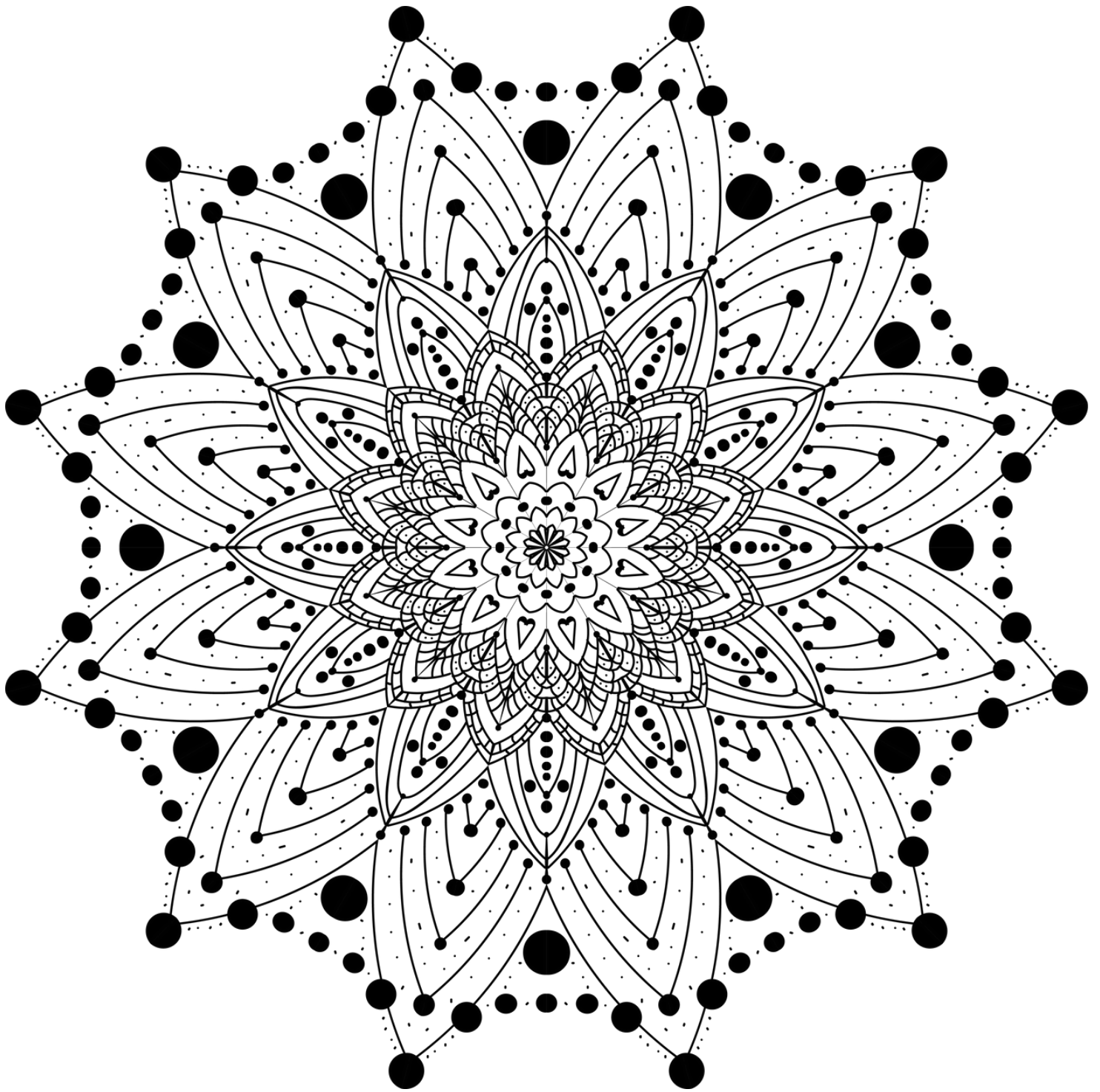
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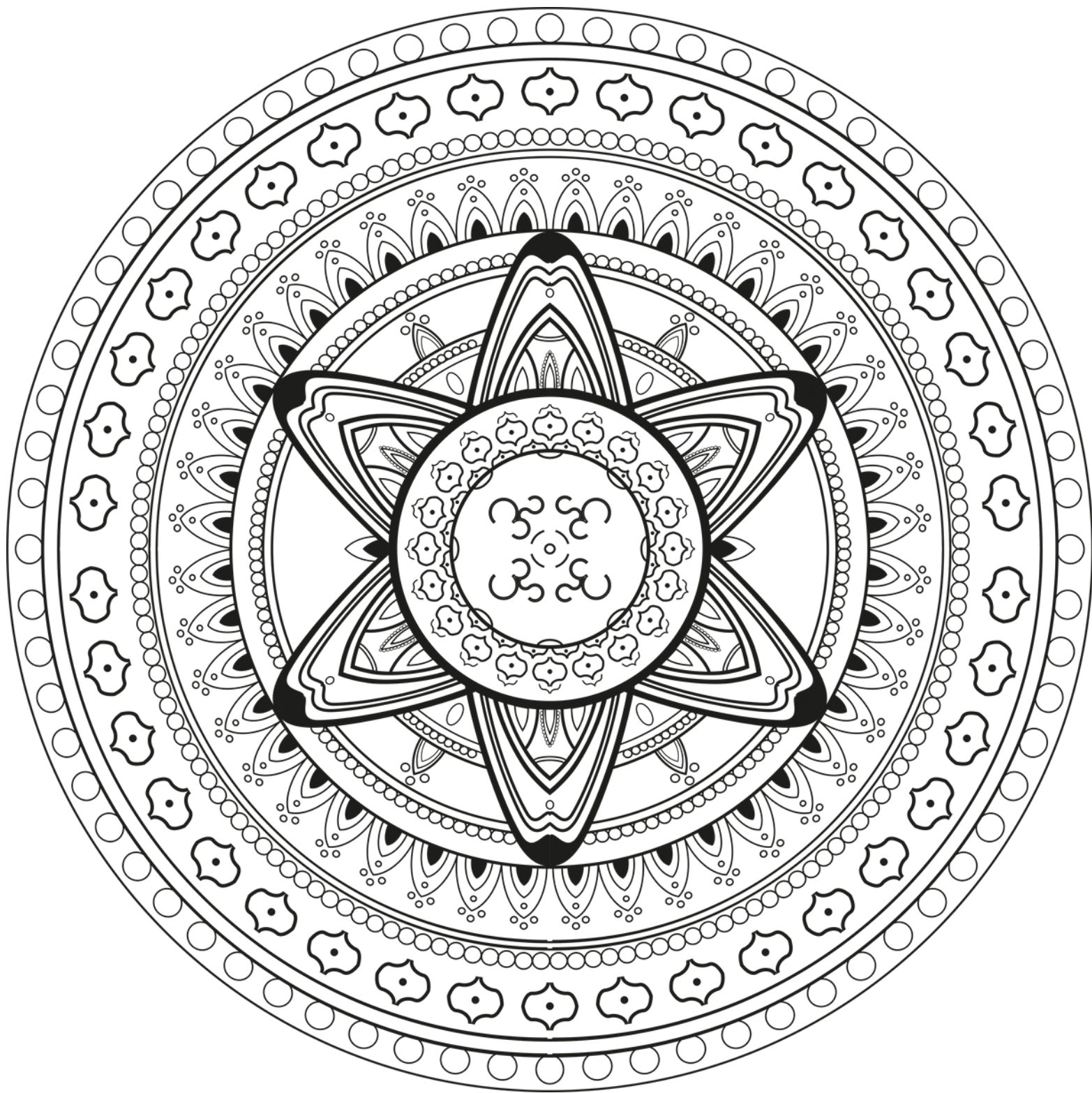
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Pre-Retreat Preparation

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-day retreat just to unwind, before they are in a fit state to fully benefit from everything the retreat has to offer. If this sounds like you, I offer a pre-retreat program, the Burnout to Breakthrough online retreat as preparation, so that you'll be able to hit the road running (figuratively- speaking!) and benefit to the max from your retreat when you get here. You can easily complete this program the weekend before you come to Esprit Meraki, some of my guests even do it on the way here.

Post-Retreat Support

Short-term

Sometimes, 5 days in the south of France are not enough, and my retreat 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 3-step post-retreat program for you. Just click on the link if you want to find out more.

Long-Term

Others want a more in-depth post-retreat support program, lasting for 6 weeks (or longer) so 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.

Dr Margaretha Montagu's Books

- Embracing Change in 10 Minutes a Day: Simple Strategies, Smart Suggestions and Insight-giving Stories (Fabriqué en France Book 3)
- Mindfulness and Meditation Options: Featuring Equine-guided Mindfulness Meditation (Fabriqué en France Book 2)
- Horse Riding Confidence Secrets
- Confidence made Simple: The 7 Secrets of Supreme Self-Esteem for Women who want to live fulfilling, purposeful and prosperous Lives (Fabriqué en France Book 1)
- Make the Most of Your Next Retreat - a workbook to help you make your next retreat your best ever

All Dr Montagu's books are horse-inspired, subtly French-flavoured and decidedly life-enriching.



All available at MargarethaMontagu.com

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Bonus for New Subscribers

Free access to the eye-opening, mind-altering, heart-stirring Journal Yourself Stressfree 7-part mini-retreat valued at 79€

Dr Margaretha Montagu

ONLINE AND ONSITE RETREATS IN THE SOUTH OF FRANCE

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