# Autumn & winter weekends at the Gîtes de Baye

# Relaxing weekends

Autumn and winter are the ideal times for cocooning weekends in Provence, in the south of France

In the program:

### The Gîtes de Baye host the Kristel Breugelmans Workshops:

**Saturday morning:** At the Heart of Being, an approach in Pilates, in sound relaxation and with an energetic concept, to increase your vital energy and raise your vibrational state towards more joy!

**On Sunday morning**, Well-being Duo, a mixture of Pilates and sound relaxation allows the body to combine the contributions of each of the practices and to multiply the positive effects of these techniques. *It is possible to register only for one or the other of these workshops.* 

**Saturday afternoon:** visit to Vaison la Romaine: the Roman remains, the Ste Nazareth cathedral and its cloister, the Roman bridge, the upper town with its picturesque streets, its medieval castle and its Notre Dame de L'Assomption cathedral.

On the way back, a possible gourmet stop to taste Vaisonnaise sweets 6.

At the end of the afternoon, for those who wish, possibility of massage in our relaxation room, with Nadège Bressy, by reservation.

**On Sunday morning**, for those who won't follow the Well-being Duo workshop, discover the Ventoux-Provence spa in Malaucène: indoor swimming pool, hammam, sauna, salt cave, outdoor jacuzzi. Possibility of having lunch on site.

Free Sunday afternoon.

### Dates (subject to availability):

October 14 and 15 December 9 and 10 January 20 and 21 February 17 and 18 March 23 and 24

#### Information and rates

Kristel Breugelmans : www.pilates-et-plus.com

- At the Heart of Being: collective workshop of 3h30 (between 6 and 10 people) = 50 € / person
- Well-being Duo: collective workshop of 2h (between 6 and 10 people) = 30 € / person

Nadège Bressy : <u>www.nadege-bressy.com</u>

• Thai, Californian or Swedish massage: €80, for 1 hour

Spa Ventoux-Provence: www.spa-ventoux-provence.com

• Day access: €43 / person

Gîtes de Baye : www.gitesdebaye.fr

• For 2 nights, sheets and cleaning included: gîte for 4 people = €310 - gîte for 6 people = €360 studio = €150

When booking, please tell us the activities that interest you: many others are possible, do not hesitate to ask us.

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# Wine and gastronomic weekends

Did you know? The main truffle market in France is located in Richerenches, in the Enclave des Papes, 20 km from Vaison la Romaine . It takes place every Saturday morning from early December to mid-March. Come and discover it during a weekend at Gîtes de Baye!

#### In the program:

Arrival on Friday evening: installation in the gîtes, welcome drink, free evening

**Saturday morning:** visit to a truffle farm and truffle market in Richerenches, then lunch at the Escapade restaurant, which offers menus based on truffles.

In the afternoon, visit the village of Barroux and its castle, which houses a whiskey distillery: discovery and possibility of tasting

In the evening, gourmet dinner at one of our restaurant partners: to be defined according to the number of guests and the desired budget

**Sunday morning:** walk in the Dentelles de Montmirail, then tasting at the Gigondas cellar – Meals on site **Sunday afternoon free** 

#### Prices (excluding restaurants)

- For 2 nights, sheets and cleaning included: gîte for 4 people = €310 gîte for 6 people = €360 studio = €150
- transport is not included, but you have the possibility to reserve a vehicle that can transport up to 9 people, if you wish to take full advantage of these moments of conviviality, with our partner En Voiture Simone
- We are at your disposal to advise you on restaurants, and provide you with a personalized quote based on your number and your choices.

#### The dates:

- 23.12.1 to 3
- 24.01.12 to 14
- 24.02.9 to 11

Other dates are possible, don't hesitate to contact us