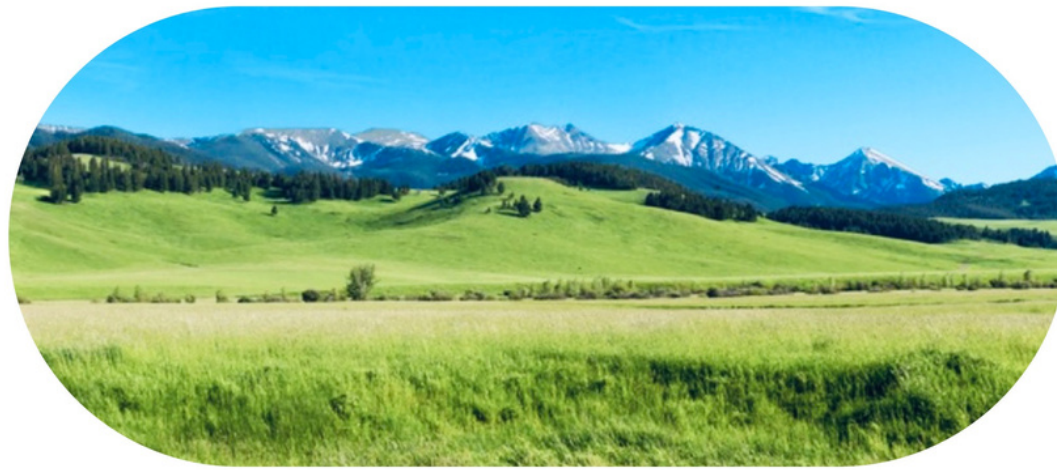




Big Sky Yoga Retreat Montana

3rd Edition
Sept 2 - 10. 2023



The panoramic Rocky Mountains and the blue Montana sky are the backdrop for the third Fall edition of the St Barth Summer Camp Yoga Challenge. Diana Bourel will be leading the yoga, meditation & transpersonal program at the The View, our headquarters for the retreat.

You'll practice in a state of the art yoga studio equipped with 2 yoga wall stations.

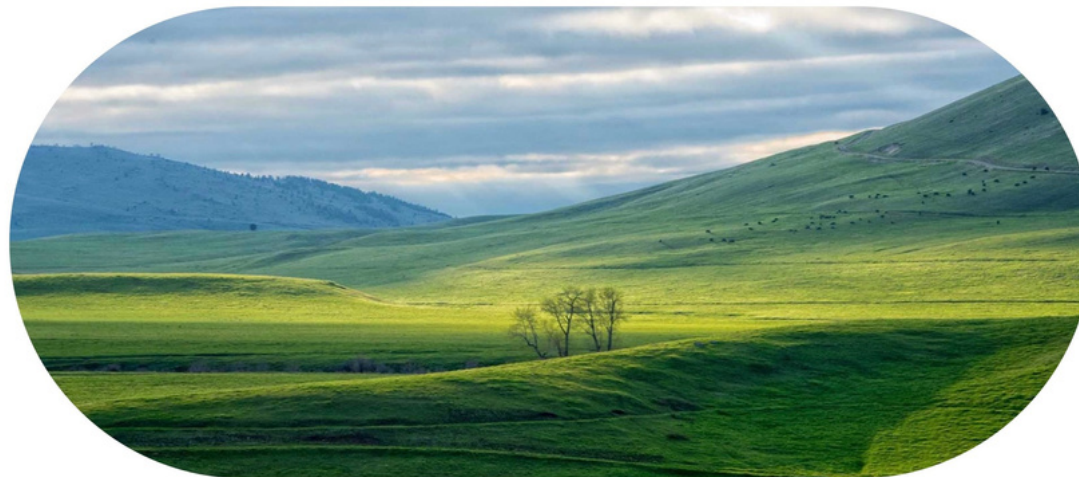
Instruction will be provided in both English & French.

The excursions and activities have been thoughtfully curated by Ghislaine and Philippe Stouvenot.

They have an intimate knowledge of the region and have once again generously invited us to share their wonderful space for this retreat.

Every afternoon, the restorative magic of fresh air, wilderness, and Montana's beauty will lead us deeper & deeper into the paths less travelled.

Chef Philippe Masegla will be nourishing us with his signature gourmet cuisine meals





Lodging

We will be staying at the Stouvenot home that can accommodate 10 participants in shared double or triple room.



https://www.airbnb.fr/rooms/30507486?check_in=2023-10-14&check_out=2023-10-22&guests=8&adults=8&s=67&unique_share_id=1d0b3d36-f8ce-48f9-a302-696f1eb2649e

Alternatively, I can provide you with information on nearby AirBnB rentals.



Big Sky Yoga retreat



Morning Schedule

7 - 8	MONTANA MEDITATION
8 - 8.30	PERSONAL PAUSE
8.30 - 10	HATHA YOGA
10 - 11	BREAKFAST
11 - 12:30	TRANSPERSONAL ATELIER
12.30	LUNCH

Afternoon & Evening Schedule

Saturday 2

Settle into your accommodations, then rendez vous at the VIEW for a presentation of the Yoga Retreat . After we discuss our program work & goals, our hosts par excellence, Ghislaine Rey and Philippe Stouvenot will give us an insider's view of Montana and speak about the program we have in store.

Monday September 4

Visit to a Big Sky attraction & dinner at the River Grill Cafe.

Sunday 3

2-hour discovery walk. Adapting to the altitude, Montana-style.

Afternoon - optional :
-5-6:30 pm on the Yoga Ropes
- 6:30-7:30 pm Yoga Zen Practice
8 pm - Dinner

Monday 4

Visit to Ted Turner's ranch (30 minutes from Big Sky venue) & dinner at the River Grill Cafe just 20 minutes from the ranch.

Afternoon - optional :
-5-6:30 pm on the Yoga Ropes
- 6:30-7:30 pm Yoga Zen Practice
8 pm - Dinner

Tuesday 5

Big Sky à la carte : an opportunity to try hiking, horseback riding, fly fishing, or dive into your favorite book (fees associated with personal activities not included in package) Private session work with Diana upon request. Each participant has one free private transpersonal session included in the yoga package.

- 6:30-7:30 pm Yoga Zen practice
- 8 pm Dinner

"Schedule may shift due to weather conditions, but we'll regroup and get it all in"

Wednesday 6

After a lighter yoga morning (no transpersonal work that day) an excursion to Yellowstone National Park for a day of natural wonder. Healthy gourmet picnic lunch included,

- 8 pm Dinner

Thursday 7

Hiking in the Rockies on one of the popular trails, an exceptional way to discover the natural beauty of the land.

- 7-8 pm Meditation
- 8 pm Dinner

Friday 8

Road trip to Bozeman (a 75-minute trip) to visit the Museum of the Rockies, the trail of the dinosaurs. Some shopping retail on Main Street for local arts and crafts, cowboy boots, Indian jewelry and more.

- 7-8 pm Talking Circle
- 8 pm Dinner

Saturday 9

Afternoon Discovery

" surprise ! "

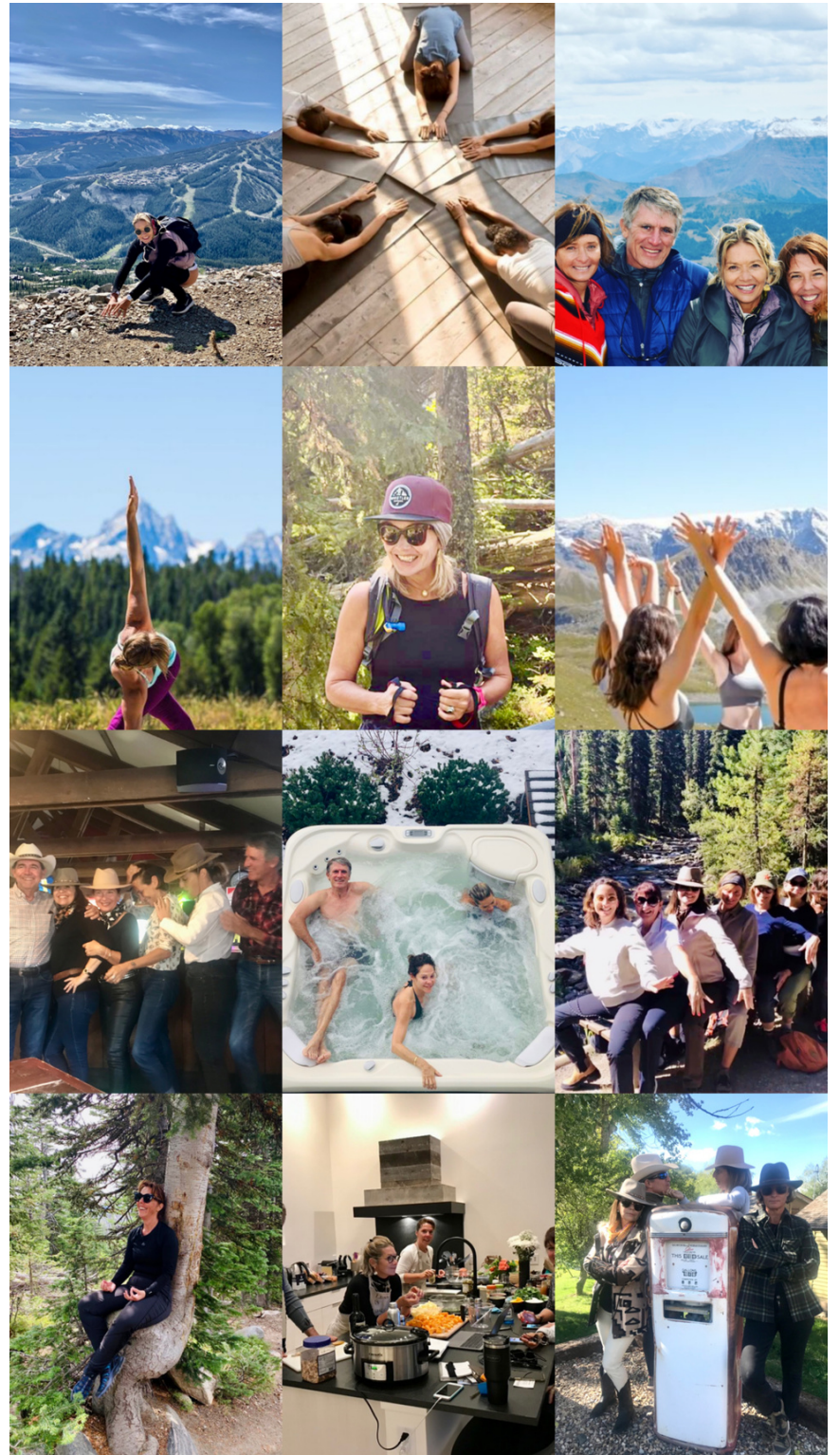
- 7-8 pm Yoga Nidra
- 8 pm Graduation Dinner

Sunday 10

Morning practice from 8-10 am

Brunch 10 am -12 pm

Departure



Diana Bourel

Diana Bourel is your instructor for this event.

She began her yoga studies & transpersonal training in the early 90', principally studying Iyengar yoga & Hatha Yoga in the United States & France.

In 2000, she certified at the 500-hour level from the Sivandanda Vedanta school & went on train and/or certify in other lineages, including Bikram Hot Yoga, Yoga Therapy, Vinyasa and Ashtanga.

She created wellness programs for luxury hotels & spas including the Mind, Body & Spirit program which she ran successfully at Cap Juluca in Anguilla, a detox wellness program for Bikram Yoga Montreal, and was a visiting consultant at award-winning Chiva-Som and Kamalaya Resort Hotels in Thailand.

She created the St Barth Summer Camp Yoga Challenge & Yoga University , a month-long-a-la-carte wellness retreat in St Barth, now in its 15th edition, and the Big Sky retreat, now in its 3rd edition.

Simultaneously, from the early 90's she trained and certified as a kinesiology facilitator with the French school Corps-Mémoire, as a bio-energetic practitioner with Patrick Drouot in Paris , before threading in acupuncture and TCM certification with IFTVMO, the French-Vietnamese Institute of Traditional Oriental Medicine.

In 2006, she began studying traditional plant medicine in the Mesa-Amazonian tradition with master vegetalista Don Jose Campos, and has since gone to add other trainings in trauma-specific yoga therapy, movement, stress management and auto-regulation of the autonomic nervous system. Her teaching weaves all of these worlds together for a learning experience that celebrates diversity, discovery and science-based exploration.



Philippe Massegia.

Our Private Chef



After devoting his life to hotel restauration, chef Philippe Massegia is now bringing his sense of individual attention to the table of travelers who have their bags unpacked in the most beautiful homes on St Barts. Hailing from the south of France, Philippe came to Saint Barth 30 years ago, where as executive chef he was instrumental in building the culinary success of the hotel Guanahani, now part of the Rosewood Group.

After leaving the hotel, he spent fifteen years honing his art and roaming the planet in search of culinary innovation and excellence:

London, Los Angeles, Sainte-Maxime, Tahiti, Florida, meeting the « titans of taste », among them Marc Meneau, the Pourcel brothers and Guy Martin.

« Each experience brings a new culinary touch, a new method.

Cuisine is always enriched through contact with others, evolving with each new encounter » he declares.

Currently, he is a private chef for the Eden Rock hotel and is joining us for the Montana Yoga and Wellness Fall Camp to delight participants with his beautiful food.

Chef Philippe generously combines savoir-faire, rigor and fantasy in his cuisine.

His roots have given him a particular love for Provençale cuisine, even if his true signature lies in his ability to fuse the classics of his native land with world influences, sublimating the finest ingredients with a delicate touch that reveals both his passion and mastery of the culinary arts.

REGISTRATION

This workshop is an intimate wellness gathering with a great wellness program by Diana Bourel & gourmet cuisine by chef Philippe Masegla. Please note, that on-site lodging is limited to only 8 participants at The View, & 6 off-property. **Reservations & 50% deposit are due by June 1, 2023.**
Balance due August 1.

PACKAGE

Price : € 2500

This exceptional package rate is available thanks to the generosity of the Stouvenots, who are offering their home for the retreat. Lodging is limited to 8 participants at View, so first come, first served. Once the 8 spaces in their home are booked, lodging will be at your expense. The retreat cost covers the entire yoga retreat program with Diana plus one individual transpersonal session with her, hikes, entry to Yellowstone Park & the Museum of the Rockies, a dinner at River Grill, & your spot in a shared land vehicle. It also covers the cost of your meals, provided by professional French chef Philippe Masegla & a dinner at the River Grill Café.

PAYMENT

Please note that the retreat price does not include flight, lodging in or transportation to & from Big Sky or any additional activities you wish to book. Alcohol is not included. If you'd like to have wine, liquor or champagne delivered to the property, please let me know. A secure link will be sent to you by email or WhatsApp that allows you to make a remote payment by credit card.

GETTING THERE

Fly into Bozeman, Montana. You can book flights on United Airlines, Delta Airlines or American Airlines and sometimes Jet Blue. There are direct flights from New York- Bozeman or with connections in Denver, Colorado. Big Sky is a 75-minutes drive from Bozeman. There is a shuttle service from Bozeman to Big Sky. The round trip ticket is around 150\$.
<https://karststage.com/airport-shuttle/>

YOUR ARRIVAL

If you are arriving late on Saturday September 2, it's best to plan an overnight stay in Bozeman Belgrade & head out the following morning. The roads are rather winding, and you'll enjoy the spectacular scenery by daylight even more. Hotel suggestions at the airport : Holiday Inn Express Belgrade. You can also find lodging 20 minutes from the airport in the center of Bozeman at the hotel Lark. This is mountain practice, with Big Sky altitude at 2500 meters. To help your body adapt to the altitude, hydrate sufficiently. Skip the Bloody Mary on your flight !

WHAT TO PACK ?

YOGA PROPS
Your personal yoga mat, a 10-foot yoga strap & a yoga blanket.

YOUR STAY
Good hiking gear, specially hiking shoes. Think rain gear, too. For the evening chill or early mornings, be sure to pack a sweater, a jacket, head cover & a pair of gloves in case the temperature drops. Bring a bathing suit for the jacuzzi. Remember your phone charger & an adapter for your plug if you are using European devices, vitamin supplements, electrolytes & whatever personal toiletries you may need. There's a supermarket in town if you forget something.



THE ART OF SELF CARE

YOGA - MEDITATION - PERSONAL DEVELOPMENT - SPIRITUAL RETREATS

By Diana Bourel

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