

7-Day Retreat

Reset the Nervous System

Available dates: 5–11 October or 11–17 October

A week to slow down, return to the body, and regulate the nervous system.

Château de Montcuquet, Lautrec, France

Created by Sunshine Ross

The invitation

In the quiet of a 15th-century château, surrounded by gardens and hills, this 7-day retreat offers a rare space to set the mind down and come fully back into the body.

Many of us live in a constant “on” mode — too much stimulation, too many responsibilities, too little real rest. This week is designed to interrupt that rhythm. Through attentive yoga, breathwork, periods of silence, and a naturally calming setting, we work to soothe the nervous system and restore a sense of inner safety.

This is not a performance retreat.

It is a week to land, regulate, and leave more grounded and clear.

What you will experience

Embodied practice

Gentle, precise yoga classes that support mobility, stability, and nervous-system ease. The focus is on sensation, intelligent alignment, and listening to the body rather than effort.

Breath and regulation

Simple, effective pranayama and relaxation practices to calm the autonomic nervous system, reduce background tension, and improve the quality of rest.

Recovery time

Open space in the day to rest, walk in the gardens, read, or simply do nothing. The pace of the retreat is intentionally spacious.

A holding environment

A small group, a historic family home, simple nourishing meals, and attentive presence. Everything is arranged so you don't have to manage anything.

Who this retreat is for

This retreat is for you if:

- you often feel tired, tense, or “on alert”
- you need a real pause away from daily life
- you want to reconnect with your body in a gentle, respectful way
- you prefer quiet, beautiful, intimate settings over large retreat centers

No particular yoga level is required. What matters is the wish to slow down.

Rates

All-inclusive: 7 days of retreat, accommodation at Château de Montcuquet, and 3 meals a day (dietary needs accommodated on request).

Low season (March, October, November)

Room type	Price
Single room with private bathroom	€1,099
Single room with shared bathroom	€899
Double room (shared bathroom), per person	€699

Places are limited in order to keep the retreat intimate.

Practical information

Arrival on the first day in the afternoon. Departure on the last day after lunch.

The château is in Lautrec, in the Tarn (Occitanie). The nearest airport is Toulouse.

A detailed weekly schedule will be sent after registration.

Closing

If you feel the need for a true pause in a beautiful, quiet setting, this retreat is designed for you.

With warmth,

Sunshine Ross

Awake Space

Château de Montcuquet, Lautrec

www.awake-space.com