

Loire Valley



THE NEXT CHAPTER
RETREAT

15 - 18 MAY 2026

Friday

DAY OF ARRIVAL

WELCOME TO THE FRENCH COUNTRYSIDE! YOU'VE MADE IT TO VILLA DE NOCFOND, YOUR HOME FOR THE NEXT FEW DAYS OF STORIES, LAUGHTER, AND CONNECTION. TAKE YOUR TIME TODAY TO SETTLE IN, EXPLORE THE VILLA, MEET THE OTHER LADIES, AND EASE INTO THE RETREAT. NOTHING IS REQUIRED, BUT EVERYTHING IS POSSIBLE. UNPACK, EXHALE, AND LET THE FRENCH COUNTRYSIDE HOLD YOU. THIS IS WHERE YOUR NEXT CHAPTER BEGINS.

Friday

PROGRAM

MORNING

ARRIVING & EXPLORING

LUNCH

AFTERNOON

BLIND DATE WITH A BOOK

NEW CHAPTERS TO READ

DINNER

EVENING

FLOATING YOGA NIDRA
SINGING BOWLS &
SOUNDHEALING



Saturday

CACAO & BREATHWORK
CEREMONY

MORNING

BREAKFAST

CHAPTER & CHILL

AFTERNOON

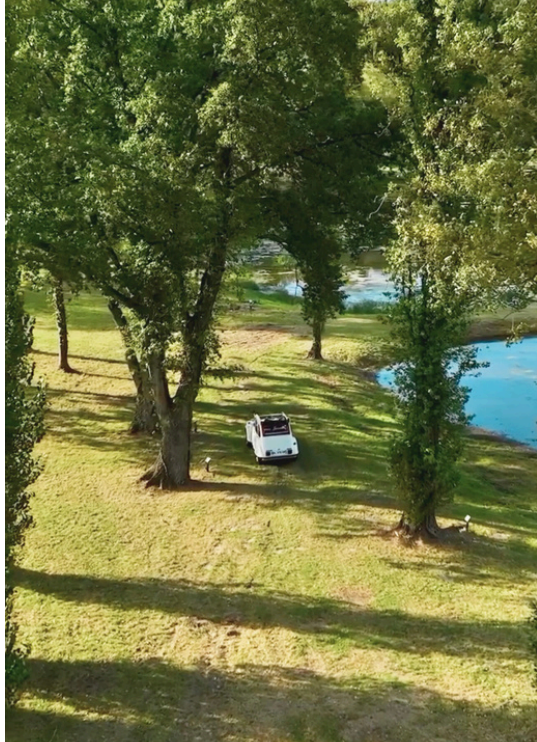
PICNIC

MINDFUL NATURE WALK

EVENING

DINNER

MOVIE & POPCORN NIGHT



Sunday

MEDITATION & YIN YOGA

MORNING

BREAKFAST

CUPPING & GUASHA
WORKSHOP

AFTERNOON

BRUNCH

WINE TASTING &
PAINTING IN NATURE

NEXT CHAPTERS TO READ

EVENING

DINNER
GOURMET BITES BY THE FIRE

Monday

FLOATING MEDITATION
& SOUNDHEALING

MORNING

BREAKFAST

SLOW DOWN, TURN THE PAGE

AFTERNOON

LUNCH

BACK TO HOME



Investment

€1499,-

4 DAY RETREAT | 3 NIGHTS

YOU WILL SHARE A SPACIOUS
DOUBLE ROOM WITH A
PRIVATE BATHROOM.

INCLUDING BREAKFAST,
LUNCH, DINNER, AND DRINKS.

MASSAGE, WORKSHOPS, YOGA,
AND CEREMONIES

ONE BOOK & PERSONAL GIFTS

PREFER A LITTLE MORE
PRIVACY? A PRIVATE ROOM IS
AVAILABLE FOR €1999,-

THE SCHEDULE MAY SHIFT SLIGHTLY
TO KEEP THINGS FLOWING.

Villa de Nocfond

OUR RETREAT TAKES PLACE AT VILLA NOCFOND IN MENNETOU-SUR-CHER, NESTLED IN THE LOIRE VALLEY. YOU CAN REACH IT EITHER BY CAR (AROUND A TWO-HOUR DRIVE FROM PARIS) OR BY TRAIN (PARIS GARE D'AUSTERLITZ - SALBRIS).

SINCE EVERYONE WILL BE ARRIVING AT DIFFERENT TIMES AND FROM DIFFERENT PLACES, GROUP AIRPORT TRANSFERS AREN'T PART OF THE RETREAT PACKAGE. BUT ONCE WE HAVE YOUR TRAVEL PLANS, WE'LL BE HAPPY TO HELP COORDINATE SHARED RIDES OR PRIVATE TRANSFERS IF YOU'D LIKE.



IN THE HEART OF

Loire Valley

Nestled in the gentle countryside of Langon, Villa de Nocfond feels like a secret estate where time slows and days unfold at their own pace. With space to gather and corners to retreat, it's both grand and grounding, a place that feels like it was waiting just for you.

Wellness is woven into daily life here. Float in the outdoor pool, linger in the hot tub under open skies, or let the sauna's warmth soothe you after a walk through the surrounding fields. The garden stretches wide and green, inviting quiet morning coffee, long conversations with French wine at sunset, or a barefoot wander beneath the trees.

The real VIPs of the retreat are the four-legged and feathered hosts: two little dogs who think they run the villa (and might just be right), ducks who paddle around like they own the pond, and an alpaca that shows up to judge your yoga poses. They bring a touch of mischief, warmth, and plenty of photo opportunities—because honestly, what's a retreat without a few furry (and fluffy) friends?

And beyond the gates, the Loire Valley awaits. Within an hour, you can stroll the halls of Château de Chenonceau, taste wine in ancient limestone caves, or wander riverside villages where history lingers in every stone. Castles rise from the horizon, and the river winds on as if guiding you from one discovery to the next.

This is not just a place to stay—it's a place to feel. Where days don't rush, where laughter lingers longer than meals, and where you leave carrying both stories and stillness in equal measure.



L'ART DE LA

Table

Meals here are a celebration of French tradition, where simple ingredients are transformed into soulful moments at the table. Mornings begin with delicious local breakfasts — think buttery croissants, fresh baguettes, and homemade jams (with lighter, healthy options available too). Lunches and dinners carry a French touch: seasonal produce, comforting dishes, and flavors that feel both rustic and elegant. It's not about strict diets, but about savoring food that warms the heart and sparks conversation; a table where comfort, connection, and flavor meet.

LA VIE

Française

Beyond the retreat house, nature stretches out in every direction. Forest paths invite you to wander slowly, maybe even barefoot, breathing in the calm and grounding energy of the land. The gentle rhythm of birdsong and rustling leaves makes every walk feel like a reset. Hidden villages and centuries-old castles are never too far away, adding a touch of history and charm to the landscape. It's a place where simplicity feels luxurious, and where each step outdoors connects you a little deeper with yourself.



CALME &

Liberté

We have a program full of inspiring activities, but the magic of this retreat is that nothing is ever compulsory. You can join the group in the Temple, linger at the table with a book, slip away for a siesta, or wander into the hills. It's about choosing your own rhythm, moment by moment. Alongside the daily program, we've planned a few special touches; playful surprises, moments to spark conversation, and a little gift from us. We won't reveal everything just yet (spoilers aren't our style!), but expect laughter, connection, and a touch of magic woven into your days here.

CONNEXION

Perhaps the most beautiful part of these days is the circle of women who gather. Each retreat brings together open-hearted, curious souls; women who love to share stories, laughter, and sometimes a little silence too. Many arrive as strangers and leave as friends, carrying a piece of each other back home.

PETITS SECRETS DU

Loire Valley

CASTLE COUNTRY: The Loire Valley is famous for its châteaux — with over 300 in the region. From fairy-tale turrets to Renaissance gardens, there's always a castle to explore nearby.

RIVER MAGIC: The Loire River, known as the last wild river in Europe, is only a short drive away. Traditional wooden "toues" still glide along its waters, preserving a centuries-old way of river life.

WINE HERITAGE: The region produces some of France's most celebrated wines: crisp Sauvignon Blancs from Sancerre, elegant Chenin Blancs from Vouvray, and refined sparkling Crémants.

UNESCO TREASURE: Much of the Loire Valley is a UNESCO World Heritage Site, recognized for its exceptional landscapes and cultural heritage.

SEASONAL BEAUTY: Spring brings cherry blossoms and wildflowers, summer fields glow with sunflowers, autumn paints the vineyards in gold and crimson, and winter mornings are misty and serene.

ROYAL PAST: For centuries, French kings and queens made the Loire Valley their playground, leaving behind gardens, chapels, and grand residences that still define the region today.

VINEYARD HORSES: Many Loire vineyards still use horses instead of tractors to plough between vines — not just for tradition, but because the animals are gentler on the delicate soil.



EXTEND YOUR

French Escape

If you're tempted to linger a little longer in the Loire Valley (and trust us, you will be), there's so much to discover beyond the retreat. From storybook villages to Renaissance castles, riverside towns to hidden gardens, the Loire is full of wonders that can turn a few extra days into a journey straight out of a fairytale.

CHATEAU HOPPING: With over 300 castles in the Loire Valley, you're nestled in the world's best neighborhood for fairy-tale turrets, lush Renaissance gardens, and royally dramatic history.

CHENONCEAU LEGEND: Known as the Ladies' Castle, Chenonceau was shaped by powerful women—queens, mistresses, and hostesses—each leaving more than architectural marks, infusing it with intrigue and elegance.

CHAMBORD'S DOMAIN: France's largest château, Chambord is set within one of Europe's largest enclosed forests and surrounded by centuries-old vineyards.

VILLAGE HOPPING: Discover the region's "most beautiful villages": Montresor, Candes-Saint-Martin, Crissay-sur-Manse, Lavardin, and Montsoreau—all offering storybook charm, architectural gems, and that intoxicating sense of stepping back in time.

CAVES & CELLARS: The region's tuffeau limestone quarries double as atmospheric wine cellars and even mushroom farms—nature meets subterranean charm.

EXTEND YOUR

French Escape

AMBOISE CHARM: Once home to the French royal court, Amboise offers cobbled streets, a hilltop château, riverside cafés, and Clos Lucé—the final home of Leonardo da Vinci.

LEONARDO'S LOIRE: Leonardo da Vinci spent his final years here; at Clos Lucé, his inventive spirit lives on among models of flying machines, bridges, and a proto-tank.

GARDEN WONDER: The International Garden Festival at Domaine de Chaumont-sur-Loire returns in 2026—from April 22 to November 1—turning gardens into playful installations and living art.

BALOONING GLORY: Loire's landscape from above—the twisting river, vineyards, and châteaux—makes a perfect canvas for a serene hot-air balloon glimpse of history and nature.

BEYOND THE VALLEY: Paris is a scenic train ride away for those who wish to extend their journey to metropolitan elegance and art. Orléans, steeped in Joan of Arc's history, offers lively streets and heritage within easy reach.



SPEAK LIKE A *Local*

BONJOUR

The French “hello” — polite, universal, and always paired with a smile. (Say it often!)

SANTÉ

“Cheers!” when raising a glass — literally means “to your health.”

À BIENTÔT

“See you soon.” A warm and hopeful goodbye.

MERCI BEAUCOUP

The French version of “thanks a lot”

DÉGUSTER

Not just “to taste,” but to savor, used especially for wine.

OH LÀ LÀ

A classic French expression; can mean surprise, admiration, or “oh wow!” depending on the tone.

TRÈS CHIC

Means “to your health”, used when toasting, but also lovely as a wellbeing blessing.

BON APPÉTIT

The classic French phrase before a meal. More than “enjoy your food,” it’s practically a national law. (We’ll be using it a lot, croissants included.) 🍞

C’EST LA VIE


Literally “that’s life.” The French way of shrugging things off with style: spilled coffee, missed train, or running out of baguettes.

YOUR NEXT CHAPTER

Awaits

THINK OF IT AS A LOVE LETTER TO YOURSELF: MORNINGS WRAPPED IN SUNSHINE, AFTERNOONS FILLED WITH LAUGHTER, EVENINGS UNDER THE STARS. A WEEKEND TO SLOW DOWN, BREATHE DEEPER, AND MAYBE EVEN MAKE FRIENDS YOU'LL KEEP FOR LIFE. THIS ISN'T JUST ANOTHER TRIP. IT'S THE CHAPTER YOU DIDN'T KNOW YOU WERE WAITING TO WRITE.

READY TO TURN THE PAGE?

 SPACES ARE LIMITED (BECAUSE MAGIC ONLY HAPPENS IN SMALL CIRCLES).

 YOUR INVITATION IS WAITING.

With Love,

NATHALIE & JASMINA

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