



Le Sentier Tranquille is situated amid the rolling hills and ancient forests of Ariège, the foothills of the French Pyrennees. Here you will find peace and tranquillity, space and inspiration.

Whether you are tired from the daily grind so you need to re-charge your batteries... or you feel you've lost your way and are trying to re-focus...

Whether you are looking for help in working things out, or simply seeking a holiday somewhere restful for you and maybe those close to you...

We believe this is where you will find what you want... just call or email.

Le Sentier Tranquille

Dardé
Le Taychel
09600 DUN
France

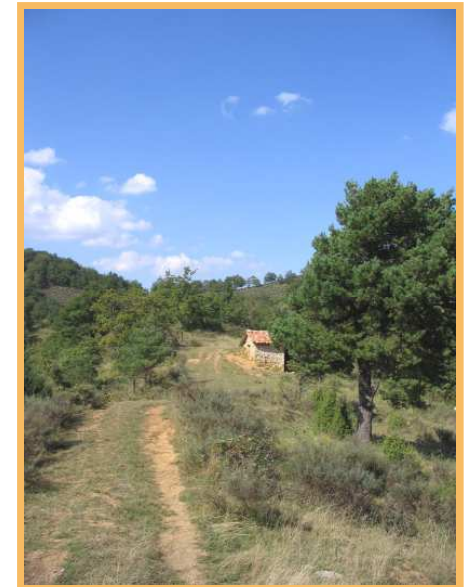
tel: +33 (0)561 01 52 08
low rate from UK: 0844 232 4341

www.life-counselling.co.uk

email: simoncole@btinternet.com

Le Sentier Tranquille

Brochure for 2009



Retreats revival and growth
along *'the quiet path'*

www.life-counselling.co.uk

Retreats and Courses

Retreat: a reflective passage 3 days/4 nights: £375
arr. Mon 27th April, dep. Fri 1st May

This retreat has the two themes of reflection and inspiration, with readings and thoughts and music which facilitate reflection and inspiration. We will visit places whose past can speak to our present and whose location is inspirational, and we will look at what we may have found which has touched on aspects of our own lives.

Retreat: a walking meditation 3 days/4 nights: £375
arr. Thur 18th June, dep. Mon 22nd June

Experience a relaxed and timeless way of being... mornings you will wake to a symphony of bird-song... meditate in the lush warmth of the garden... join with others in the light airiness of the summerhouse... walk the ancient woods and hills of Ariège... find warmth in meals and company shared, and peace in the evening light... allow your inner voice to speak to you.

Retreat: stories and identity 4 days/5 nights: £395
arr. Mon 18th May, dep. Sat 23rd May
arr. Mon 31st Aug, dep. Sat 5th Sep

Everywhere are stories... the earth's stories, cultural stories, family stories, our own stories. Stories are the essence of our existence. In a sense, they **are** our existence. We are the story of our being. And into our being we bring the stories of our families and friends and colleagues and compatriots and ancestors and the history of our peoples and their societies and their cultures... each one of us is a universe to explore and understand and accept.

Course for counsellors: the therapeutic potential of non-attachment 4 days/5 nights (30 hours cpd): £395
arr. Wed 16th Sep, dep Mon 21st Sep

We start from the Buddhist belief that all suffering comes from holding on. But non-attachment need not mean abandoning. We can step outside cultural responses but still feel held, to discover how free choices can only be made without expectations and assumptions, without anxiety. The course will be experiential and use our natural surroundings to work with awareness, free reflexivity and creativity.

(Prices include full board accommodation)

Accommodation

We have found that visitors value *Le Sentier Tranquille* and its atmosphere for all sorts of reasons, not least for what it offers as a place for therapeutic recuperation. Some have extended their stay before and after a retreat or come for a holiday to find healing and wholeness. To all our visitors we offer acceptance with no expectations. Counselling therapy is available, as is meditation teaching, and we eat together in the terrace room if that is beneficial. But you can also book *L'Oustalet*, our *gîte* (sleeping up to six), and be completely self-contained, or we can offer *chambres d'hôtes* (B&B) in comfortable bedrooms with tea & coffee making facilities and private bathrooms, in the library wing.

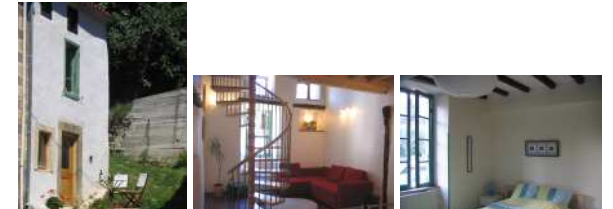
L'Oustalet is a newly-renovated village-style house with a large living/dining room, mezzanine for sitting or additional sleeping space, two bedrooms, two bathrooms, kitchen and patio. It sleeps up to 6.
Rates: July/August €450/wk (£360 @ €1=£0.80)
other times €350/wk (£280 @ €1=£0.80)

B&B: at any time: €50 per room per night
(£40@€1=£0.80) less 20% for single use
lunch and dinner available on request

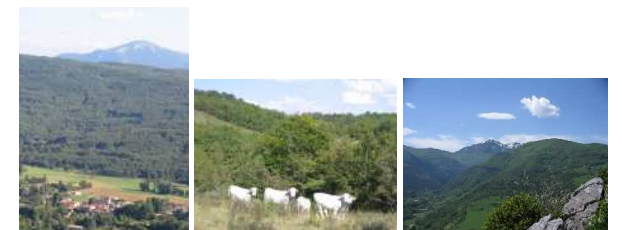
Tariff for exclusive use of *gîte*, library wing with 3 rooms, summer-house and terrace room:
€150 per night (£120 @ €1=£0.80)
minimum booking: 3 nights

For more details on our accommodation and how to get here, visit: www.lesentiertranquille.com

In...



and around...



Le
Sentier
Tranquille