



YOGAHERZ

THE SPACE BETWEEN

A Retreat Between the Years

Closing the year with presence.

Beginning the new one with clarity and lightness.

26 - 30 DECEMBER 2026

Chateau de Quincey · Burgundy, France



New Year's Option available · 30 Dec - 1 Jan · + CHF 580 p.p.

Two additional nights incl. breakfast & dinners. Minimum 8 participants.

TURNING INWARD

The days between Christmas and New Year naturally invite us to slow down. This retreat is an invitation to step away from the usual pace, return to the body and breath, and listen to what becomes perceptible when there is more space.

Rather than beginning the new year with more goals and pressure, we move through a simple inner arc: **Arriving - Listening - Releasing - Clarity - Lightness.**

Yoga, meditation, breath, silence, reflection and time in nature create the framework. The intention is to create space and meet the new year with greater presence, focus and ease.



RETREAT PROGRAM

The schedule is intentionally spacious. Practice gives the days a clear rhythm, while the long break after brunch leaves time for walks, reading, journaling, rest or simply being at the Chateau.

Morning	Fruits, tea & coffee available
08:30 - 10:30	Morning Practice · Yoga · Meditation · Breath
11:00	Breakfast / Brunch
12:00 - 16:30	Free Time · Walks · Rest · Reading · Journaling
16:30 - 18:30	Afternoon Practice · Workshop · Meditation
19:00	Shared Dinner
Evening	Free time · selected evenings with a short meditation or Yoga Nidra

26 DECEMBER · ARRIVAL

From 15:00 Arrival & Check-in **17:30 - 18:30** Welcome Meditation & Opening Circle **19:00** Shared Dinner

30 DECEMBER · CLOSING

08:30 - 10:30 Final Morning Practice · Meditation · Closing Circle **11:00** Breakfast / Brunch **12:30** End of Retreat & Departure

THE INNER ARC

26 DEC · ARRIVING

From the outside to the inside. Arriving at the Chateau, in the body, in the breath and in the group.

27 DEC · LISTENING

What becomes perceptible when things become quieter? Sensory awareness, nervous system, breath and prana.

28 DEC · RELEASING

Making room. Not forcing anything away, but recognising what can be completed or no longer needs to be carried.

29 DEC · CLARITY

What is essential? What deserves attention? Practice, Neutral Mind, meditation and reflection instead of conventional resolutions.

30 DEC · LIGHTNESS

Integration and closing. Taking clarity forward without adding more pressure - leaving with space, focus and ease.

NEW YEAR'S OPTION · 30 DECEMBER - 1 JANUARY

For those who would like to stay a little longer, there is the option to remain at Chateau de Quincey for two additional nights and spend the turn of the year together.

These two days are intentionally left **free and unstructured** - time to rest, enjoy the Chateau and its surroundings, go for walks, read, connect or simply do nothing.

+ CHF 580 per person

Includes two additional nights, breakfast and dinners, including our New Year's Eve dinner.

The extension will take place with a minimum of 8 participants.

Chambre Lenotre



Bright 33 m² room on the first floor with park view. Grand Lit (160 x 200) plus one single bed (90 x 200). Private bathroom with shower.

Single occupancy	CHF 2'150
Shared room - 2 persons, separate beds	CHF 1'390 p.p.
Couple - sharing the Grand Lit	CHF 1'390 p.p.

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Suite Roi Soleil



Spacious suite with park view and balcony. Two separate private bedrooms: Main Room with Grand Lit (180 x 200) and Second Room with Grand Lit (140 x 200). The two bedrooms share the large bathroom with shower and balneo bathtub.

Main Room - single occupancy, shared bathroom	CHF 2'150
Second Room - single occupancy, shared bathroom	CHF 2'050
Couple - sharing the Main Room	CHF 1'390 p.p.

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Two additional nights incl. breakfast & dinners. Minimum 8 participants.

Gite des Ducs de Bourgogne



Spacious 85 m² gite with two separate bedrooms, each with Grand Lit (160 x 200). One shared bathroom with shower and bathtub, plus kitchen, living room with fireplace and terrace.

Private bedroom - single occupancy (2 rooms available)	CHF 2'050
Couple - sharing one bedroom	CHF 1'390 p.p.

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Gite de l'Orangerie - Cote Lac



Beautiful 100 m² gite with two separate bedrooms, each with Grand Lit (160 x 200) and its own private shower room. Large living/dining area and terrace overlooking the Chateau moat.

Private bedroom + private bathroom - single occupancy (2 rooms available)	CHF 2'350
Couple - sharing one bedroom	CHF 1'450 p.p.

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 Two additional nights incl. breakfast & dinners. Minimum 8 participants.

Gite de l'Orangerie - Cote Parc



Large 110 m² gite with three bedrooms: two Grand Lit rooms (160 x 200) and one Twin room with two separate beds (90 x 200). Ground-floor room has a private shower room; the two upstairs rooms share a bathroom.

Ground-floor private room + private bathroom	CHF 2'250
First-floor Grand Lit - single occupancy, shared bathroom	CHF 2'050
Twin room - single occupancy, shared bathroom	CHF 1'950
Twin room - 2 persons, separate beds	CHF 1'290 p.p.
Couple - sharing a Grand Lit room	CHF 1'290 p.p.

New Year's Option available · 30 Dec - 1 Jan · + **CHF 580 p.p.**
 Two additional nights incl. breakfast & dinners. Minimum 8 participants.