

JUNE 21 - 27, 2020
CAPBRETON, FRANCE

RITUALS RETREAT

*by Lisa Mueller
& Elizaveta Barsegova*

ACTIVE FOOD
POTTERY
MATCHA & MEDITATION
YOGA & MOVEMENT



LISA MÜELLER

brsg
KERAMIK

ABOUT THE RETREAT



During this week long retreat, you will experience and discover the importance of RITUALS through daily matcha ceremonies, a grounding meditation practice, pottery and handcrafted art, yoga and movement as well as nutrition. You will be able to replenish and revive, create art while reconnecting to yourself on a deeper level and develop your own daily rituals that serve your individual needs.

Elizaveta is the curator of the pottery classes and she will not only teach you how to make your own matcha bowl but also guide you through her creative process and share valuable knowledge about her work and craft.

Lisa will take care of the daily matcha ceremonies where you will learn everything you need to know about the history, cultivation and spiritual background of this ancient ritual. She will also feed the group nourishing meals and healthy desserts which you will learn in her "Active Food" workshop so you can implement this knowledge into your daily life once you are back home.

Emma Champion is going to guide you through a daily movement ritual which will include different yoga techniques, simple breath and meditation practises in order to start the day energised and focused.

We hope that in this week you get inspired, empowered, energised, motivated and most of all - connected with your true self and the group around you. We are here to support each other and grow as individuals and a collective. All of the activities including the matcha ceremony, yoga, pottery classes and most meals will be held at the beautiful "Villa Petit Paradis" which also has a swimming pool and outdoor area to relax and recharge.

Beginners surf classes can be booked on demand!

LISA

Originally from Austria, Lisa is currently based in the South West of France. Her background as a dancer, chef and athlete has a big influence on her way of creating recipes and preparing food. She has been working as a chef, nutrition coach and recipe developer for over 10 years now and she was living and working in New York, Melbourne, Bali, Austria, London, Cornwall, Berlin, Cape Town and France. Her passion and belief in plant-based foods as well as eating based on your individual needs, soon became the focus of her creations and she opened her own restaurant - the LAB KITCHEN - in collaboration with the Adidas Runbase Berlin. Since 2017 she has put the focus again on her travels in order to share her knowledge, passion and skills as well as her highly requested matcha ceremonies. She is teaching and consulting for Adidas, Zalando, Reebok, Roxy and Budokon as a chef and nutritionist for yoga, movement and holistic health related events.



ACTIVE FOOD

Active food is simple, efficient and nutritious (S.E.N.) and its purpose is to activate your body and mind to access and upgrade your mental and physical potential. Depending on your workout/training/activity level, your body needs different nutrients to fuel you with antioxidants, macro/micro nutrients and enzymes as well as nurturing you on an emotional level. During this week you are encouraged to find out what works best for you in any given moment and to question your own way of eating, thinking, feeling, reacting and responding (to foods as well as to people, situations and emotions). Although my focus is on plant-based ingredients, we will have the chance to eat local fish and organic eggs from the region. All the meals can be adapted to individual preferences and allergy friendly needs.

ELIZAVETA BARSEGOVA from BRSG Keramik

Elizaveta is a professional potter, founder and creative director at brsg Keramik. She is a travelling researcher, who worked with potters in Georgia, Thailand, Moroccan desert and Riff mountains, exploring the roots and traditions of pottery craft. Elizaveta sees pottery as an ancient meaningful connection between people and earth. In the past few years she welcomed over 400 students in her workshops with her hands-on approach to teaching the origins of pottery.



POTTERY

The Pottery workshops are accommodating for absolute beginners as well as for people with some prior experience. You will learn and practice diverse hand-building and natural wood ash glazing techniques, which date centuries back in time. Every class is hands on - you will create your own matcha bowl along with other pottery pieces and learn a lot about the tribal history and culture of pottery as Elizaveta will be guiding you through it along with crafting.

The pottery classes are held at the retreat location and we have everything provided so you don't need to bring any additional equipment.

We will prepare you physically (yoga) and mentally (meditation) for these workshops and take breaks for a snack, questions and a little stretch.

Follow me  [elizaveta_brsg](https://www.instagram.com/elizaveta_brsg) or [brsg-keramik.com](https://www.brsg-keramik.com)

EMMA CHAMPION

Emma Champion is a Yoga teacher from Seignosse, graduated in Hatha Yoga and Meditation. She is an ocean and circus child, living and teaching in her inspiring home place with love and passion. Emma likes to practice and teach dynamic Yoga, Vinyasa and Ashtanga which allows to be challenged as well as connected with the body and helps to calm the mind. Her Vinyasa yoga practice is inspired by the contrast of Mother Nature, the kids spirit and the authenticity of the animals. She uses certain postures, breathing techniques, focus and relaxation in her classes which she adapts based on the moon and intuition. The only goal in her teaching is to help YOU find your own unique flow and enjoy the practise.



YOGA & MEDITATION

You will enjoy daily morning practices of either Vinyasa Flow or Ashtanga Yoga to be absolutely present with the physical body. Flowing in a moving meditation with consciousness and breath, you will prepare your body and mind for your pottery or cooking class. In the evening, we will make sure to rest, stretch and help recover your body through simple exercises and meditation techniques that you can also implement into your daily life.

Follow me  emma_yoga or www.emma-yoga.fr

THE LOCATION

Set amongst the pine trees and along the Atlantic coast, Les Landes is a world renowned surfing area that will make you feel like on a tropical vacation. It looks more like California than France, with a surf shop on every corner and a booming yoga, eco-conscious, art and health food scene influenced by the international community. Our retreat will be held in the beautiful “Villa Petit Paradis” in Capbreton that has a fully equipped kitchen, a huge outdoor space with a swimming pool as well as easy access to the town and nearby shops. Of course we will also visit some beaches, cafes and local spots during this week, so you get a taste of the local French culture as well as healthy and organic meals at the retreat location.



HOW TO ACCESS

Capbreton is located in the South West of France, 170 km south of Bordeaux, which is one of the main airports. You can take a rental or Blabla car, which is very common and convenient in this area.

Another option is to fly directly to Biarritz (35 km away).

We can help organise your trip based on your travel schedule.

Please contact us directly if you have any questions: lisamuellersen@gmail.com

PRICE

Early bird (until March 31, 2020)

- 690€ (without accommodation)
- 870€ (with accommodation)

Regular (from April 1, 2020)

- 790€ (without accommodation)
- 970€ (with accommodation)

Accommodation is either at the event location where all the activities of the retreat will be taking place or at the Joe & Joe Hotel (10 minutes drive from the retreat, daily transport to the retreat & back will be organised for you)

What's included:

- Matcha & Meditation Rituals
- Breakfast / brunch, snacks and dinner
- Pottery classes
- Daily Yoga classes (Vinyasa, Ashtanga, Yin)
- "Active food" cooking workshop

Optional:

- Surf lessons (30€pP)

BOOKING INFOS

- For questions and bookings please contact: lisamuellersen@gmail.com
- Full payment at time of booking
- Payment in Euro €

We are looking forward welcoming you to this magical area of france and beautiful retreat location and spending a week together where we can create, move, eat, relax and connect with each other and ourselves.

Sincerely,
Elizaveta & Lisa