



INBODHI PYRENEES

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CHATEAU DE BELESPY

WITH

MELANIE PARKYN

ASHTANGA VINYASA 'ROCKET'
YOGA AND STOTT PILATES®
WELLNESS IMMERSIONS

17th to 21st August 2023

The four day Inbodhi Pyrenees Immersions take place at the beautiful 18th Century Chateau de Belespy in South West France. Set in 8 Acres of private Parkland with indoor and outdoor Yoga facilities, fully equipped state of the art Stott Pilates studio, outdoor swimming pool, stunning boutique accommodation and in-house Wellness Chef, it is the perfect environment where you can begin to connect to your inner teacher, your internal wisdom and authentic voice.

Chateau de Belespy is ideally located just 45 minutes from the 'Pink City' of Toulouse, nestled in the foothills of the Pyrenees in the department of the Ariège, a mecca for cyclists, hikers and kayakers alike. The Ariège is said to be one of the best kept secrets in France, boasting the cleanest air in Europe, with it's wild, unspoiled and ever changing landscape.



This region has historically served as a place of refuge and resistance throughout history. It attracts those who seek an alternative way of life, custodians of ancient traditions, organic farmers, artists and makers.

Here is the perfect place to "Just Be!"



Your immersion will take you on a transformational journey, into the teachings of "Rocket" Vinyasa Yoga as developed by "Rocketman" Larry Schultz. These much beloved routines are a variation of the classical first, second and third series of Ashtanga Vinyasa Yoga.

You can expect an intimate group setting with no more than eight practitioners creating an environment where each individual can flourish.

We will practise and begin to breakdown the routines using tools and techniques that will transform your yoga practise on and off the mat.

- Hands and Feet : The Foundations
- Breath : The heart of the practise
- Bandhas: The Intelligence of the practise
- Inversions: Discovering your inner child
- Floating and Flying techniques
- Finding creativity within the rocket sequencing



STOTT PILATES®

Through daily Studio STOTT PILATES® workshops you will learn how to integrate the STOTT PILATES® basic principles into your yoga practise to help enhance, strengthen and safeguard your yoga practise.

You will experience teaching excellence in STOTT PILATES® in a studio equipped with the latest and most advanced STOTT PILATES® equipment available, allowing you to experiment with Reformer, Cadillac, Stability Chair and Ladder Barrel Pilates. Pilates should be accessible to everyone, regardless of age, fitness level or physical ability. By using an integrated and inclusive approach means that we can inspire even the most sceptical practitioner to achieve profound results.

STOTT PILATES® incorporates modern exercise principles, and applies proven and accepted practices in bio-mechanics, rehabilitation and athletic performance enhancement. STOTT PILATES® has taken the original concepts of Joseph Pilates method, and in collaboration with a team of physical therapists/physiotherapists, sports medicine and exercise professionals, dissected and re-connected this unique form of exercise into a comprehensive, systematic, contemporary approach to the original teachings.

STOTT PILATES® exercises are designed to restore the natural curves of the spine and re-balance the muscles around the joints. Integrated into a fitness regime or as an aid in recovery from an injury, surgery, or musculoskeletal conditions such as Ankylosing Spondylitis, Osteoporosis, Scoliosis, Disc Issues and Stenosis, Pilates can offer a multitude of benefits.

"If your spine is inflexibly stiff at 30, you are old. If it is completely flexible at 60, you are young" - Joseph Pilates



French Markets/Guided Mountain Hikes/Fresh Water Swimming.

You will experience the 'Joie de Vivre' of a traditional French market followed by a guided hike into the Pyrenees Mountain Range.

Picnicking above the clouds and freshwater swimming in the crystal waters of the mountain tarns is the perfect way to spend your day!



Wellness Cuisine

During your Immersion you will eat well and plentifully following a 16/8 intermittent fasting plan in the Aryurvedic tradition, allowing the body to digest and begin cellular reparation during your fasting window. We believe in a complete "farm to table" dining experience utilising the finest regional produce, responsibly sourced from our local farmers and growers. We understand that for most of our clients a fast paced "eat on the go" style of living is normal. We follow an anti-inflammatory vegetarian/pescatarian philosophy, believing in the link between the first and second brain which directly impacts our overall mental and physical well being, "Good Food = Happiness". Our mission is for you to leave us "nourished and knowledgeable".



About your instructor - Melanie Parkyn

I started my early career in dance and performance after gaining an honours degree in Contemporary Dance and Arts Management. After starting a family it seemed a natural transition into the world of health and fitness where I began my Yoga and STOTT PILATES® journey. Having undertaken over 1000 hours of teacher training in Yoga and over a 1000 hours of Pilates training my passion for Ashtanga Vinyasa Yoga and STOTT PILATES® began to bring me much success and recognition in London, working for many of the capitals top fitness locations and studios and working alongside some of the UK's top fitness professionals. However, city life and the demand for a Yoga 'Quick Fix' began to feel very superficial and empty. I had a deep yearning to delve deeper into my own yoga practise beyond what I was teaching everyday. I had been attending a regular Rocket class in London and was profoundly attracted to the energy of the teachings, the 'Just Go With The Flow' attitude, the laughter, the movement, the collective breathing, it was here that the seed was well and truly planted. In 2017 I had the opportunity to take some time for myself, I knew Yoga was calling me but what and with whom? I came across an advert for 'Rocket' training and new instantly that was it! I attended my first 'Rocket' training in Fuertaventura led by Salla Vedder. Her teachings, her commitment to living authentically through yoga have changed my life! I had been looking for something not really knowing what, something within my Yoga practise but also within my life and over the course of those first 10 days a vision for my future began to take shape and I knew I wanted 'Rocket' in it!. The trainings were inspirational and empowering, the philosophy and the practise of the 'Rocket' guides me on and off the yoga mat everyday. Six years later I am honoured to be part of the Inbodhi -A Yoga Circle collective, where we practise and train together, sharing the love of the practice, individually, collectively and as a community. I continue to broaden my experience following my passion for movement, anatomy and physiology. My teaching practise is anchored in the belief that Yoga and Pilates should be accessible to everyone regardless of age, or physical ability, and by using an integrated and inclusive approach to these disciplines I hope I can inspire even the most sceptical practitioner to achieve profound results.



Schedule

Thursday

- 16:00 Arrival
- 17:30 Evening Practice
- 19:00 Dinner

Friday

- 08:00 Morning Practice
- 09:30 to 10:00 Journaling & Juice
- 10:30 to 11:30 Stott Pilates
- 12:00 to 15:00 Brunch & Siesta
- 15:00 Workshop
- 17:00 Evening Practice
- 18:30 Dinner

Saturday

- 07:00 Morning Practice
- 08:00 to 08:30 Journaling & Juice
- 08:30 to 16:00 Market Trip / Guided Mountain Hike
& Freshwater Swimming
- 17:00 Evening Practice
- 18:30 Dinner

Sunday

- 08:00 Morning Practice
- 09:30 to 10:00 Journaling & Juice
- 10:30 to 11:30 Stott Pilates
- 12:00 to 15:00 Brunch & Siesta
- 15:00 Workshop
- 17:00 Evening Practice
- 18:30 Dinner

Monday

- 08:00 Morning Practice
- 09:30 to 10:00 Journaling & Juice
- 10:30 to 11:30 Stott Pilates
- 12:00 Brunch
- Departures



What's included!

- Toulouse Airport transfer to & from Chateau de Belespy
- Four nights accommodation in Double or Twin En-suite boutique bedrooms. Single or shared occupancy.
- Morning Wellness Juice, Wellness Brunch & Wellness Dinner (Organic Vegetarian/Pescatarian Cuisine).
- Private parklands with outdoor swimming pool & woodland walk
- Indoor climate controlled Yoga studio
- Outdoor yoga platform
- Fully Comprehensive state of the art , climate controlled Stott Pilates Studio
- Daily turn down room service
- Market excursion and guided mountain walk and fresh water swimming.
- Massage (booking required prior to arrival)
- Chateau Hybrid Bikes

What's not included!

- Flights
- Travel Insurance

Pricing

- 1,500€ per person (Single occupancy)
- 1,300€ per person (Shared occupancy)

Availability

Inbodhi Pyrenees Immersions continue throughout the summer.
Contact us for availability.

INBODHI PYRENEES

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