

# puyssentut

A SOURCE OF WELL-BEING  
AND INSPIRATION  
FOR PEOPLE WITH CANCER



## 2014 RETREATS

10-17<sup>th</sup> May

For Me, For Life

14-21<sup>st</sup> June

Restore and Revitalise

22-28<sup>th</sup> June

Living Mindfully, Love Life

13-20<sup>th</sup> September

Restore and Revitalise

4-11<sup>th</sup> October

Restore and Revitalise

For booking, further dates  
and other information:

[www.puyssentut.org](http://www.puyssentut.org)

[info@puyssentut.org](mailto:info@puyssentut.org)

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Take time for yourself amidst the beauty and tranquillity of the southern French countryside. Puyssentut is a retreat where people with or recovering from cancer can relax, recharge and refocus.

Our 'Restore and Revitalise' retreats offer total rest and relaxation. The daily programme includes yoga and meditation; complementary treatments; nourishing meals; and peace and quiet in a glorious setting.

Our 'For Me, For Life' retreats are a space for you to focus on yourself and what you can do to feel healthy and happy. The daily programme offers yoga and meditation, complementary treatments and experiential workshops for healthy, positive living.