



LOU CASTEOU
CÔTE D'AZUR

Luxury Côte d'Azur Cultural Retreat

► Weekly programme

First day

Transfers from Nice airport to Lou Casteou

Free time

18hrs	Champagne Reception, Canapés and Introductions
20hrs	Welcome Dinner in the Pool Gardens, Musical Entertainment by Lisa and Marco

Second day

08hrs - 09hrs	Breakfast
09hrs - 10hrs	Yoga classes
10.30 - 12.30	Music Sessions / Coastal Trek
12.30 - 14.30	Buffet Lunch
15.30 - 17.30	Cookery Course / Painting Workshop
18hrs	Dance Class / Yoga Class
20hrs	Aperitifs served by the pool
21hrs	Dinner

Third day

08hrs - 09hrs	Breakfast
09hrs - 10hrs	Yoga classes
10.30 - 12.30	Music sessions / Visit to the Roman Town of Frejus and Art Workshops
12.30 - 14.30	Lunch
15.30 - 17.30	Cookery School / Esterel Mountain Trek
18hrs	Dancing Class / Yoga Class
20hrs	Wine tasting followed by Dinner in the Cloisters

Fourth day

08hrs - 09hrs	Breakfast
09hrs - 10hrs	Yoga classes
10.30 - 12.30	Art Class / Cookery school visit to Frejus and the Provençal Market
12.30 - 14.30	Lunch
15.30 - 17.30	Cookery School / Music Sessions
19hrs	Aperitifs
20hrs	Dinner and Musical Entertainment

Fifth day

08hrs - 09hrs	Breakfast
09hrs - 10hrs	Yoga classes
10.30 - 12.30	Art Class / Cookery School
12.30 - 14.30	Lunch
15.30 - 17.30	Music Sessions / Free time
18hrs	Dance Class / Yoga Class
19.30	Cocktails by the pool
20.30	Celebration Dinner and Entertainment

Sixth day

08hrs - 09hrs	Breakfast
09hrs - 10hrs	Yoga classes
10.30 - 12.30	Music session / Art Class / Trek
12.30 - 14.30	Lunch
15.30	Free time / Transfers to Nice airport