



L'Espoir et l'Esprit

The Colors of Provence

with Karen Knowles



karen knowles

Saint Remy-de-Provence & the Côte d'Azur- **April 22-30, 2025**

Tuesday, April 22, 2025

Arrive in Avignon. Meet your driver and transfer to your delightful retreat accommodation in Saint Remy-de-Provence.

You will have time to settle in and unpack, take a walk around the gorgeous gardens, or weather-permitting, you might like to stroll into the town center taking in the delights of this beautiful Provencal town.

Our five-day retreat begins this afternoon.

Meet as a group at 16h30 for introductions and our first "l'Espoir et l'Esprit" workshop with Karen.

Dinner with the group.

Wednesday, April 23, 2025

Market Day in Saint Remy!

We walk into town to discover the beautiful Provencal market in Saint Remy-de-Provence. If you get up with the birds, you can watch the market setting up. It's really quite a sight to see...and hear and smell. The artistry with which the vendors display their wares is amazing. Every market is different throughout the region however you may find other lavender products, wine, food products of the region and crafts that you've not yet discovered!

Free time for lunch on your own. Return to the hotel on foot. Follow in the footsteps of Van Gogh as you take in the art trail on your way.

Participate in the second workshop with Karen this afternoon. There will be rest and reflection time prior to dinner at the hotel this evening.

Dinner with the group.



Market Day!

Thursday, April 24, 2025

Today is our cooking lesson located on a Provencal country estate. Our very entertaining chef will welcome us in his home to teach us how to make different regional dishes. With lunch, you will have the opportunity to taste some very special wine from the region.

We will make our way back to Saint Remy-de-Provence to visit St. Paul de Mausole, the hospital where Van Gogh admitted himself as a patient after his crisis in Arles, following a fight with Gauguin. Vincent stayed here for more than a year, enjoying a certain degree of freedom that allowed him to paint in the surrounding fields. This was an intensely prolific phase of Van Gogh's career. Over 150 paintings were completed here, including several of his room and the hospital buildings, "Starry Night", and many different views of the twisted cypress and olive trees.

Return to the hotel late afternoon. There will be a reflection led by Karen, prior to dinner this evening.

Dinner with the group.



St Paul de Mausole

Friday, April 25, 2025

Today's highlights include a visit to the famous archeological site, the City of Glanum. Learn about the history of the area, which was settled by Celtic Ligurians, Greeks, and then the Romans.

We will continue on through the Alpilles mountains to visit Les Baux de Provence. Les Baux is an extraordinary village that blends with the jagged spur of rock on which it is perched. The dramatic scenery and historic ruins draw visitors from around the world. We will go first to the Carrières de Lumières for the spectacular sound and light show about Vincent Van Gogh.

Afterwards, we will drive a short distance to the hilltop village of Les Baux. This site was once the seat of the most powerful (and fearsome!) lords of this region. Some claimed to have descended from the Magi king, Balthazar. We will start with a tour of the chateau and ramparts. You will have time to browse the artist ateliers and specialty boutiques. Choose a spot for lunch where you may find a place on a terrace overlooking the sheer cliffs and twisted rocks of the Val d'Enfer (Valley of Hell) which was the inspiration for Dante's description of the Inferno.

Return to the hotel late afternoon.

Dinner with the group.

Saturday, April 26, 2025

Today we will drive into the Luberon, land of Peter Mayle stories, to the hilltop village of Gordes, which is listed as "one of the most beautiful villages of France". Explore the tiny streets which climb up between the tall houses to the fortified castle. Enjoy the panorama of the valley and mountains of the Luberon.

After our visit to Gordes we will drive to Roussillon, also designated as "Most Beautiful Village in France". This village owes its unusual aesthetic appeal to 17 different shades of ochre that tint the buildings in intense colors ranging from golden yellow to deep red, the result of the people simply using the materials that were near and available.

Afternoon return to hotel in Saint Remy-de-Provence.

Dinner with the group at La Table d'Yvan at hotel: 19h30.

Enjoy a special, VIP concert this evening performed by Karen.



Gordes

Sunday, April 27, 2025

Enjoy a delicious breakfast before our final retreat workshop with Karen this morning.

Throughout the week, you have discovered the history, language, culture, and environment of this wonderful part of France, while at the same time discovering how to better understand your body, the power of music, song, and breathing in your ability to center yourself and to make the most of even the smallest of moments, the light and color of your immediate environment, and to ground yourself so that you are always present.

Enjoy a final lunch in Saint Remy-de-Provence with the group before we depart for the Côte d'Azur!



Sentier des Ochres



Les Baux de Provence



Roussillon



Provencal magic!



Colors of Provence

We will travel to the seaside, port town of Antibes (approx. 2.5 hrs drive). This ancient town, first discovered by the Greeks in 5BC, became part of the Roman empire in 2 BC and was an important trading post throughout the centuries. With its fortress and ramparts overlooking the Mediterranean to the mountains, this delightful town will inspire.

Arrive at our hotel and check-in.

The remainder of the afternoon and evening is at your leisure.

Monday, April 28, 2025

Throughout our Colors of Provence discovery, we have focused on sights, sounds, scents, color and inspiration. You will have an opportunity to create your very own fragrance using inspiration from this week's activities during our private fragrance workshop at the historical Fragonard Museum and Factory. We will learn about the terroir, the scents, the importance of nature and balancing the environmental concerns of the modern day with age-old practices.

There will be some free time in Grasse for lunch and exploring on your own.

On our return to Antibes, we will stop in the delightful Provençal old town of Mougins. The town is a haven for artists of all disciplines and many have found inspiration from the gardens, hidden alleyways, stone buildings and colors of Provence.

Return to Antibes late afternoon.

Enjoy dinner as a group.

Tuesday, April 29, 2025

Start with the flea market in Old Nice. Nice's colorful, sun-drenched Cours Saleya is filled with over 200 vendors selling their wares. This is a high-quality market; however, bargain hunters can also take advantage of a good find. A huge variety of treasures can be found silver, vintage linens and Hermes scarves, posters, ceramics, paintings, toys, jewelry, and more. This is a great market for visitors who are as interested in sun and people-watching as they are in purchasing collectibles.

You might like to explore Place Massena with its gardens and art installations, not to mention the colorful square with its cafes.

Return to our hotel mid-afternoon.

Enjoy a farewell dinner with the group.

Wednesday, April 30, 2025

After breakfast, check out of the hotel.

We will arrange your transportation to the airport for your departing flights, or to Nice station if traveling by train onto another destination.



Nice center



Cote d'Azur views



Sunset over the Mediterranean



**“L’Espoir et L’Esprit – The Colors of Provence”
– Retreat and discovery tour with Karen Knowles –
April 22 – 30, 2025**

YOUR TOUR INCLUDES:

- Fully escorted tour in France
- 4* hotel accommodation
- Breakfast daily
- Private luxury coach transportation as per the itinerary
- Arrival/Departure – Airport/ train station transfers as required (France)
- Meals as per the itinerary (includes wine/ soft drinks with lunch/dinner)
- Activities as per the itinerary including three (3) workshops with Karen Knowles
- Special VIP concert experience and VIP concert ticket for an Evening with Karen Knowles
- Perfume making workshop at Fragonard, Grasse
- Local guides as per the itinerary
- Porterage where available
- Tips for drivers and guides
- Best of France Travels – “L’Espoir et l’Esprit – the Colors of Provence” Traveler information booklet

YOUR TOUR DOES NOT INCLUDE:

- Airfare or associated travel costs to/from tour departure point
- Items of a personal nature
- Anything not mentioned in the itinerary
- Passport application (passport must be valid for min.6 months prior to return travel date)
- Travel Insurance (strongly recommended)
- ETIAS (Electronic Travel Information & Authorization System) – European entry requirement EUR7.00 per person (online application- Best of France Travels will provide details)
- Items of a personal nature
- Anything not mentioned in the itinerary

Price per person \$USD – (8 nights including Five-day Retreat with Karen Knowles):

Double / Twin share : USD \$6,495.00 (two people sharing a room)

Single room : USD \$ 7,190.00 (Private room)

Cancellation Policy

- Initial deposit \$1500 per person. (\$500 per person of initial deposit is non-refundable)
- 91-120 days prior to the start of the tour: 25% of tour cost non-refundable*
- 60-90 days prior to the start of the tour: 50% of tour cost non-refundable*
- 0-59 days prior to the start of the tour: 100% of tour cost non-refundable

*subject to any non-refundable deposits or prepayments to suppliers which have been paid out on your behalf (if applicable)

- Cancellations must be received in writing to Best of France Travels.

Exceptions to the Customer Cancellation Policy will be made where Best of France Travels cancels a tour due to operational requirements. If we cancel, except in the case of a force majeure event, we will offer alternative arrangements or refunds in accordance with the cancellation schedule (see details, page 4 of the Booking Terms and Conditions).

- PRICING IS IN USD.

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