



THE YOGI FESTIVE RETREATS

*The november nest
retreat:
Flow & Fire*

"A warm breath in the heart of November."

**Tomette Singulière, Burgundy
20th - 22nd of November 2026**



The november nest retreat Flow & Fire

A 3-day immersion centered around yoga.

Give yourself a timeless pause in the heart of autumn, and fully immerse yourself in your practice.

From **Friday, November 20 to Sunday, November 22, 2026**, we welcome you to **Burgundy**, in a beautiful stone house full of authentic charm, for a **three-day yoga immersion**.

November Nest: Fire & Flow is a retreat designed as a warm cocoon as winter approaches , a space to recentre, fully immerse, and rekindle your inner energy.

Over these three days, you'll experience a **rich and engaging practice** that blends dynamic flows with deeper technical work. The rhythm is steady yet balanced, with time for relaxation, integration, and off-the-mat moments to support your creativity, including a hands-on activity designed as an extension of the practice.

This retreat is **open to intermediate to advanced practitioners, as well as teachers who wish to reconnect with a personal practice that is alive, free, and embodied.**

In a small **group of 12 participants**, you will evolve in an intimate setting, ideal for exploration, sharing, and a true reconnection with yourself.

As winter approaches, this immersion is an invitation to return to what truly matters, to nourish your inner energy, and to **leave with renewed vitality, an enriched practice, and a calm, grounded inner space.**

Your teachers



Alexandra

Alexandra discovered yoga in 2012 in London, where she explored a variety of styles with international teachers. After more than 12 years working as a primary school teacher in Dubai, she decided to turn this passion into her career. Trained at Zen Yoga Dubai between 2020 and 2022, she earned her RYT 500 certification. Her first years of teaching took place under the sun of the Emirates, where she developed a dynamic and creative approach to yoga. Back in Europe, she settled in Lyon and built a strong and loyal community of yogis. She began hosting her first retreats, blending yoga, connection, and shared experiences. In 2023, she also trained in aerial yoga. Now based in London, she teaches in several studios and continues to evolve her practice through exposure to an international scene. She also co-founded Flowaway Yoga with Maiwenn, a growing brand through which they organize events and share a modern, free, and embodied vision of yoga.

Maiwenn

A former fashion designer turned yoga and dance teacher, Maiwenn has developed an approach centered on conscious movement, creativity, and self-expression. A dancer her whole life, she trained in yoga in India and now teaches between France and Switzerland, after living and teaching in both India and Morocco. Her artistic and nomadic journey shapes a vibrant and inspiring teaching style, blending dance, yoga, and embodied exploration.

She is also an aerial yoga teacher and a YogaDance trainer. In November 2025, she launched her first training program, reflecting her desire to share a practice that is free, creative, and deeply embodied.



The november nest retreat: Flow & Fire

Program

Friday:

Arrival at 4pm

5pm : Opening circle

5.30pm: Immersive two-teacher Vinyasa flow

8pm: *Flowaway* Dinner

Saturday:

8.30 am: Power flow followed by an inversions and arm balances workshop

11am: Brunch and quiet time.

1:00 pm – 3:00 pm: Arts and Crafts workshop

3:30 pm – 4:30 pm: Yoga sculpt

4:30 pm – 6:00 pm: Snack break and relaxation

6:00 pm – 7:15 pm: Flexibility and Yoga Nidra

8:00 pm: Aperitif followed by a festive all-white dinner.

Sunday:

8:30 am – 10:30 am: *"Birthing Your Flow"*

Concept: a ladder flow to build on your own

11:00 am – 11:30 am: **Closing circle**

11:30 am: Brunch

Rooms to be vacated by **11:00 am**, departures until **1:00 pm**.





Tomette Singulière

A charming, character-filled home in the heart of Burgundy.

Nestled in the **heart of the Burgundy countryside**, Tomette Singulière offers a **peaceful natural setting**, ideal for slowing down and turning inward. From the moment you arrive, the charm unfolds : aged stone, raw materials, and soft, enveloping tones invite you to leave behind the pace of daily life and step into a **timeless retreat**. The shared spaces, filled with warmth, become places of **connection**, where you naturally gather by the fireplace in a soothing and comforting atmosphere.

The bedrooms are cozy and restful, and the bathrooms, with their subtle countryside charm, extend this **cocoon-like feeling, a gentle pause in the heart of autumn**. Outside, time seems to slow even more. Tucked away in a wooden cabin, the **sauna** becomes a warm refuge, an invitation to release, breathe, and simply be, close to nature.

The **venue is located 1 hour 15 minutes from Lyon by car and 30 minutes from Mâcon (TGV station)**, easily accessible by car or train.



Living spaces and shared moments

The living spaces have been thoughtfully designed as a sanctuary for connection and shared experience, setting the rhythm of the immersion. From the warmth of the cosy lounge to intimate fireside moments and nourishing meals enjoyed together, each instant invites a sense of togetherness and presence. Outdoors, a secluded sauna tucked within its wooden cabin gently extends the experience, enveloping you in a soft, soothing atmosphere.



Bedrooms

The bedrooms offer a **comfortable, soothing,** and warm retreat, an ideal space to recharge between practice sessions. **Natural materials such as wood and soft cotton linens,** combined with **high-quality bedding** and gentle, muted tones, create a simple yet **cocooning atmosphere.**

Spacious and tastefully decorated, they blend rustic charm with natural elegance, in a refined and authentic spirit. Some rooms feature their own private bathroom, while others share, in a layout thoughtfully designed to ensure everyone's comfort. A perfect setting to **rest deeply, restore your energy, and fully unwind between practices.**





The Prairie Suite, a premium experience

Set apart from the main house, **this modern wooden cabin** offers a truly **unique experience, fully immersed in nature.**

Designed as a peaceful sanctuary, it features a **comfortable double bedroom with its own private bathroom**, ensuring both intimacy and tranquility. Here, silence reigns, gently accompanied only by the sounds of the surrounding landscape.

In the morning, the view opens onto open fields and the soft beauty of the Burgundian countryside, inviting you to begin your day in deep connection with what truly matters. A privileged retreat, perfect for those seeking a more **intimate and deeply restorative immersion.**



The culinary experience

The cuisine offered throughout the retreat is a celebration of the living world, guided by the rhythm of the seasons. **Each dish is thoughtfully crafted using fresh, local ingredients, carefully sourced from regional producers and markets.**

Wholesome, generous, and deeply flavourful, this cuisine highlights the richness of the land with both simplicity and precision.

A non-vegetarian menu will be served, always with a deep respect for the quality and integrity of each ingredient.

Chef Émeric draws inspiration from cherished memories of home cooking, enriched by the flavors he has discovered throughout his travels. The result is a sincere, vibrant, and comforting cuisine, an invitation to slow down, share, and fully savor each moment.





"Savor the essentials, in tune with the rhythm of the seasons."



Partnership



X



LIFORME

Practice together, on exceptional mats.

For this **November Nest "Fire & Flow"** retreat, we are delighted to **collaborate with Liforme**. **Each participant will receive a Liforme travel mat**, a brand beloved by yoga teachers and renowned for the quality and outstanding grip of its mats, making them ideal for dynamic practices.

A gift to support you throughout the retreat... and long after.



The november nest retreat: Flow and Fire

tarifs et réservation

3-day / 2-night yoga immersion, full board,
at **Tomette Singulière**
32 route de la maison forestière, 71250 Château

(Included: accommodation, meals, drinks, yoga classes and workshops,
Liforme travel mat, tourist tax, bed linen, bath towels)

- 1 twin room with shared bathroom: **£580 per person**
- 1 single room with shared bathroom: **£580 per person**
- 3 twin rooms with private bathroom: **£630 per person**
- 1 Prairie Suite, double bed, private bathroom: **£710 per person**
- 1 double room for single occupancy with private bathroom: **£740**

From the 20/11/2026 to the 22/11/2026

Retreat terms & payment:

- £350 due upon booking (refundable under certain conditions, see Terms & Conditions)
- The remaining balance is due 6 weeks before the start of the retreat
- Option to pay the remaining balance in two installments

Places are limited to 12 participants.

Transportation to and from the retreat is not included in the price.

The november nest retreat: Flow and Fire

Practical information

What to pack:

- Your favorite yoga outfits, including one all-black yoga outfit
- A Flowaway outfit (brand pieces or in Flowaway colors)
- A white outfit for the all-white festive dinner
- A shawl or small blanket for Yoga Nidra

How to get there:

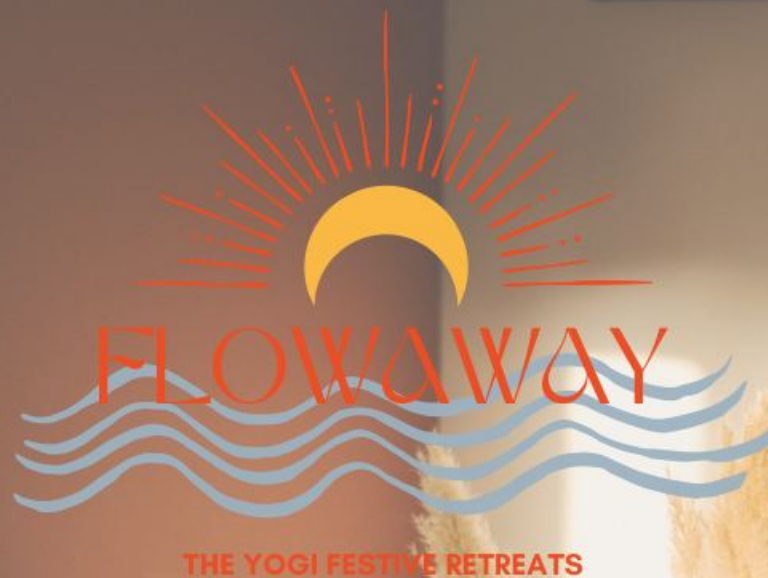
Tomette Singulière is located:

- 1 hour 15 minutes from Lyon by car
- 30 minutes from Dijon train station
- 2 hours from Geneva by car

**Tomette Singulière,
32 route de la maison forestière, 71250 Château**

Parking spaces are available on-site at the property.

Check-in is from 4:00 pm, and **check-out** is until 1:00 pm.



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Alexandra et Maiwenn

Contacts & Reservations:

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FLOWAWAY Yoga retreats & Wellness

Terms and conditions

We are delighted to welcome you to a Flowaway retreat.

These terms are simply intended to create a clear and serene framework, so that everyone can fully enjoy the experience in trust, respect, and simplicity.

By confirming your registration, you agree to the following conditions:

1. Booking & Deposit

Your spot is secured upon receipt of:

- a £350 deposit.

This deposit confirms your participation in the selected retreat.

2. Balance Payment

The remaining balance must be paid no later than 6 weeks (45 days) before the start of the retreat.

If payment is not completed by this time, we may need to release your place for another participant.

3. Cancellation by the Participant

If you need to cancel, please notify us in writing as early as possible.

Cancellation terms:

- More than 90 days before: Full refund of all amounts paid
- Between 90 and 45 days before: The £350 deposit is retained, the rest is refunded
- Less than 45 days before: No refund can be made

In the event of late arrival or early departure, the stay is non-refundable.

4. Exceptional Situations – Postponement

If a major event beyond your control and ours (severe illness, hospitalization, administrative closure, natural disaster, pandemic...) prevents you from attending, we will always seek a human and considerate solution.

Where possible, Flowaway will offer to reschedule your participation to another retreat, subject to availability.

5. If Flowaway Must Modify or Cancel the Retreat

Flowaway reserves the right to cancel the retreat:

- in cases of force majeure, or
- if the minimum number of participants is not reached.

In such cases, all payments received will be fully refunded with no additional compensation.

The organizer may adjust the program, schedule, or facilitators if necessary to ensure the smooth running of the retreat.

6. Practice & Responsibility

The proposed activities (yoga, walking, etc.) are accessible but require your awareness and self-care.

Each participant agrees to practice while respecting their body and its limits.

Flowaway cannot be held responsible in the event of injury or loss of personal belongings.

We recommend travel or cancellation insurance if needed.

7. Respect for the Group & Venue

Our retreats are founded on respect, kindness, and confidentiality.

Each participant agrees to respect the retreat environment, the venue and equipment, facilitators, and fellow participants.

Disrespectful behavior may result in exclusion without refund.

8. Personal Data

Any personal information shared remains confidential.

9. Applicable Law

These terms and conditions are governed by French law.

