

Venue and Accommodation Information



Domaine Le Bedat



Our retreat is hosted on a small estate nestled on top of a secluded hill amongst the vineyards of the “Entre - Deux - Mers” region. At the heart of it is Le Bedat, a fortified manor that dates back to the 16th century.

It is currently not habitable but is a stunning backdrop for the walled garden. We have some woodlands and an orchard at the back of the manor which is ideal for gentle walks and contemplation.



Le Bedat and the area around us is classified as a nature reserve with lots of butterflies, wild flowers and medicinal plants

Cornflower meadow



Butterflies everywhere ;-)



Beautiful wild bee orchids



Accommodation

All the accommodation and classroom space are provided in the beautifully refurbished barn.



Additional facilities: There is a trampoline, ping pong table and meditation/Yoga Mezzanine.



Lots of benches and chairs to relax and enjoy the countryside and the views.



A fire pit in the acacia clearing for some evening contemplation and socialising.

Bedrooms are comfortable and simple with shared bathrooms.





They benefit from high ceilings which makes them feel nice and spacious, whilst being cosy and tranquil.

The bedrooms in the barn overlook the courtyard with a view of the chateau.

The Food



All organic, fresh, gluten free, wholefood and many vegetables grown on site.



The menu is completely plant based, optimised for maximum nutritional content - and most importantly taste!



Susi will be providing us with three delicious meals and healthy snacks to sustain, energise and nourish you whilst you experience this transformational retreat.

Susi is passionate about helping her guests to gain the best from their experience and believes that eating in this way, that is gentle on the human form and the planet can enhance the spiritual experience.



But hay that does not mean she compromises on sheer indulgence!

There is an option to extend the stay after the retreat to visit the beautiful St Emilion and its monolithic church, Susi's favourite organic wine shop and take a trip to the Dordogne . For anyone staying on there is also an option to book some massage sessions with Susi.

More pictures on [@a_bedat_life](#)

Off Site Accommodation

Susi has connections with her wonderful neighbours who also offer bed and breakfast accommodation. Feel free to reach out to her and she will facilitate your booking and help arrange transport to and from Le Bedat.

There will be a cover charge for those not staying on site. Lunch and Dinner £20 per meal can be booked in advance for those staying off site.

To Book your Accommodation please contact Susi directly: susi@skaiser.co.uk

Travel

Please let us know your travel plans. We are here to help.

The Nearest Train Station is: Saint Emilion

The nearest international airport is Bordeaux airport.

<https://www.grandperigueux.fr/au-quotidien/deplacements/venir-en-avion-sur-le-grand-perigueux>