



## WELLNESS CRUISE IN PROVENCE, FRANCE

### Mindfulness Cruise Overview

This custom itinerary is prepared to enliven all your senses in the heart of Provence in the South of France: Romantic cities, foodie havens and wine epicenters, a prestigious heritage of 2,500 years of history, and the chance to explore the Camargue -- one of the most beautiful natural sites of Provence.

This unique journey is also an invitation to join your Mindfulness Host - **Rev. Norm Gustafson, M.S.** – to experience complimentary sessions of guided meditations and Wellness applications for Silent Sitting, Movement and Exercise, and Mindful Eating.

This voyage offers invaluable opportunities to gather not only indelible impressions and precious memories, but also insights and practical knowledge that can transform and enrich your life with meaningful and lasting benefits:

*Experience a slower pace, enjoy Life's richness!*

*Deeply Appreciate your experience with Mindful Clarity.*

*Quiet the mind, Enjoy Life's richness. Find your Deep Connection to countryside & nature.*

*Make a Heart Connection to the Food, People, and History*



## Meet your Mindfulness Host

*Rev. Norm Gustafson, M.S.*

**Designer of Transforming Experiences; Facilitator of  
Meditation & Training; Author and Speaker**

*Norm is your Mindfulness Host, leading mindfulness experiences on board and on active excursions. He is professionally trained in Zen Meditation and Mindfulness, and is passionate about mindful living.*

*Norm has practiced meditation for over forty years. He conducts Meditation Instruction and Practice Instruction; and has spoken extensively on various aspects of meditation, with application to work and daily life. He also instructs in a secular "Mindfulness" style of meditation for corporate and educational clients. He can design and deliver classes in Meditation for Wellness; Awareness of Stress Triggers; a "Mindfulness Toolkit"; as well as keynote speeches.*

*In 1980 he began Zen studies with Charlotte Joko Beck at the Zen Center of Los Angeles. He has studied with Myoan Grace Schireson in the Sōtō tradition, Suzuki-Roshi lineage, since 2003. He had Lay Ordination in October 2006. He served as Head Student (Shuso) at Empty Nest Zendo during the Summer Practice Period, August 2009. He was ordained as a Zen Priest in April 2012; and graduated from the Shogaku Zen Institute S.P.O.T. (Shogaku Priest Ongoing Training) Program in October 2012; and attended further S.P.O.T. Summer Institutes since graduation. In November 2015 he achieved an M.B.S.R. (Mindfulness-Based Stress Reduction) Certification, with continuing online training and self-directed practicum. He was Transmitted in the Sōtō Zen/Suzuki Roshi Lineage as an independent teacher in January 2016. Norm retired from the Fresno Zen Center, where he served as priest leading Retreats, giving Dharma Talks, and conducting Practice Discussion and Meditation Instruction. In 2019 he received training in the Mondo Zen Koan system under Roshi Jun Po Denis Kelly.*

*Rev. Gustafson has extensive experience in Training and Development, business planning, grant writing, and nonprofit boards. He has taught business classes at Fresno City College; directed a teacher training institute at Fresno Pacific University; has conducted corporate consulting; and published training articles. He retired from Sanger High School where he taught Economics and Business. He is married, and has three children and five grandchildren.*



## Mindfulness Cruise in Southern France

### General description

The cruise features complimentary sessions of guided meditations, silent mindful meditation, both seated and with movement. Private practice discussions are offered. During the cruise, participants will be able to experience variations of mindfulness to try and take home. You will leave with ways to incorporate mindfulness into your everyday life.

- Learn techniques to help reduce stress, increase mindfulness, calm your mind and emotions, and help your body relax.
- Find a place of calm to examine what lies under fears. Listen to the messages under your fears.
- Learn to stay centered in your busy life.

Sessions inspired by Zen Meditation and MBSR (Mindfulness-Based Stress Reduction) will introduce guests to Eastern and Western applications of mindfulness for Mind and Body. Your onboard Meditation expert shows how to calm your mind, and guides you through tranquil moments.

### Requirements:

No meditation experience is necessary. All traditions and backgrounds are welcome.

This cruise is designed for travelers who want a mindful and enjoyable trip in France. You will find a welcoming open space that includes rational or spiritual approaches, and Eastern or Western practice traditions. Whether you want stress reduction or spiritual connection, you can experience it. You will increase your appreciation and enjoyment of the cruise!



# LE CHARDONNAY



## Day 1: Avignon (Embark)

- ◆ Arrive in Avignon, where **your floating hotel "Le Chardonnay"** is moored in the historic center opposite the Cité des Papes
- ◆ After comfortably settling into your cabins, enjoy a **Welcome Cocktail** on the sun deck
- ◆ **Dinner** on board
- ◆ Overnight in Avignon

**PRE-CRUISE EVENING with your Mindfulness Host - Rev. Norm Gustafson**

Meet and Greet reception; Assess experience level & goals



## Day 2: Chateauneuf Du Pape

- ◆ Breakfast on board and Morning cruise to Chateauneuf Du Pape
- ◆ **VINEYARD ESCAPE TO CHATEAUNEUF DU PAPE:**  
**Provencal Lunch at the “Chateau Des Fines Roches”**
- ◆ Return cruise to Avignon and **Dinner** on board
- ◆ Overnight in Avignon

### MINDFULNESS – WELLNESS ACTIVITIES

**Early “Mindful Movement” exercise:** learn an easy method to move mindfully without special equipment

**Morning Cruise Meditation -- *Unifying Body, Breath, & Mind*;** Setting an intention for the day

**Mindful Eating --** Enhance your enjoyment with a peaceful mind

**Evening Calm Meditation:** Peacefully relax and reflect about the day

Questions or concerns? Practice discussion is available





### **Château des Fines Roches**

*You will enjoy a unique time in this atypical castle. Both fantasy and medieval neo Provencal style, high on a hill surrounded by the prestigious vineyards of Châteauneuf-du-Pape, this castle built in the late 19th century enjoys exceptional views, offering timeless moments to rest and relax.*

*The beautiful terraces of the Château Fines Roches faces south, embracing a splendid view of Mont Ventoux mountains of the Gard, through the Alpilles, Avignon and the Papal Palace.*

*This magical environment soothes and relaxes all minds:  
You will enjoy the peace and tranquility in this terrace, and enjoy a relaxing and exotic setting accompanied by the sound of cicadas...*



## Day 3: Avignon

- ◆ Breakfast, Lunch & Dinner on board
- ◆ **STEP BACK IN TIME:**

**Morning: Guided Tour of *Historical Avignon***

**Afternoon: Discover the Most Beautiful Hilltop Village In Provence: *Gordes*, with its exceptional charm and magnificent views of the surrounding countryside of the Luberon**

- ◆ **"Avignon by Night"** cruise and overnight in Avignon

### MINDFULNESS - WELLNESS ACTIVITIES

**Early "Mindful Movement" exercise:** Easy Walking meditation you can do anywhere

**Morning Meditation:** *Deep Heart Hearing. Listen deeply below your thoughts*

**Abbey Cloister meditations:** Embody the peace and serenity of this spiritual retreat. Plan your own retreat space back home

**Evening Calm Meditation:** Peacefully relax and reflect about the day



FRANCE CRUISES



### Discover the village of Gordes

*Let yourself be carried away by the charm of the village of Gordes and its castle. The village can be proud of being one of the most beautiful villages in France, with its cobbled streets that insinuate itself between the tall houses, built on the rock, gripping against its flanks which breathe a thousand stories and legends. As far as the soul is concerned, Gordes was able to see the artistic spirit develops within, with illustrious painters who found inspiration here. This culture is still perpetuated today and the village safeguards its heritage with rigor and love so that its success does not distort it.*



### ***Notre-Dame de Senanque Abbey in Gordes***

*Founded in 1148, the Senanque Abbey is an exceptional witness to early Cistercian architecture. It is still inhabited today by Cistercian monks who have chosen it as a place of retreat. Its architecture, refined and founded on stone, offers visitors coming from Gordes an image of austere grandeur, and gives the entire site a very spiritual feel... A place of contemplation conducive to meditation and spirituality.*





## Day 4: Arles

- ◆ Breakfast on board and scenic morning **cruise to Arles**
- ◆ **Lunch on board** at Arles quay
- ◆ **Afternoon Guided Tour of Historic Arles, its history, its monuments, and his characters of yesterday and today.**



- ◆ **Dinner on board with “Gypsy Kings” theme evening entertainment** and overnight in Arles

### MINDFULNESS – WELLNESS ACTIVITIES

**Early “Mindful Movement” exercise:** Wake up your body and awareness

**Morning Meditation:** Meditation on light and space

**Abbey Cloister meditations:** Embody the historic calm and spiritual spaces

**Evening Calm Meditation:** Reflection on the senses



## Day 5: Les Baux-de-Provence

- ◆ Breakfast on board and departure to the **medieval village of Les Baux-de-Provence**, with its historical center and beautiful houses of the 16th century
- ◆ Continue to **Saint Remy-de-Provence** and enjoy a **Traditional Provençal gastronomic experience in a charming 19th-century farmhouse**

The ancient & picturesque village of St. Rémy, birthplace of Nostradamus, is an invitation to enjoy the Provençal way of life. Saint-Rémy is in the heart of a land of gastronomy which offers a whole range of renowned olive oils and local wines, of which most of the vineyards are organically farmed.

**A superb lunch in beautiful surroundings awaits you at “La Table d’Yvan” restaurant where you will be introduced to Gourmet Provençal cuisine based on fresh local produce.**

- ◆ Mid-afternoon return on board to enjoy a **scenic cruise to Aigues Mortes**
- ◆ **Dinner-Cruise** and overnight in Aigues Mortes

### MINDFULNESS – WELLNESS ACTIVITIES

**Early “Mindful Movement” exercise:** Expanding your moving space

**Morning Meditation:** Raising Compassion toward yourself and others. Make peace with your thoughts

**Mindful Eating:** Set the intention to deeply experience a Provençal meal

**Evening Calm Meditation:** Peacefully relax and reflect about the day



### **Make a Heart Connection to the Food in Saint Remy de Provence**

*In the heart of the "golden triangle" (Nimes, Aix, Avignon), and at the foot of the Alpilles, bathed in light, you will find le "Mas des Carassins".*

*It is an oasis of calm and cool, located a few minutes' walk from the center of Saint-Remy, once home to Van Gogh and Nostradamus.*

*In this old, clad dry-stone mas, built in the middle of the 19th century, come encounter the real sweet life, an atmosphere of serenity, calm and conviviality.*

*Chef Yvan creates dishes based on traditional Provençal classics only with fresh seasonal local produce available at the market.*

*This is the perfect setting and formula to reconnect food to your physical body and all your senses as well as eating mindfully, by connecting to food in the present moment...*





## Day 6: The Camargue

- ◆ After Breakfast on board depart to the most beautiful natural site of France
- ◆ **EXPERIENCE “France's Wild West”: THE CAMARGUE**

You will be invited to a **typical Camarguais lunch buffet at a “Manade”**, where Camargue bulls and horses have been bred traditionally for many generations. Here, France’s only cowboys - the **“Guardians”** – will share their **History and Traditions**.



Your Camargue experience will continue and become even more memorable as you will discover an otherworldly and protected landscape of **pink flamingoes, herds of wild white horses, black bulls** and more than 400 species of birds

- ◆ Return on board for **Dinner** and overnight in Aigues Mortes

### MINDFULNESS – WELLNESS ACTIVITIES

**Early “Mindful Movement” exercise:** Start your day mindfully. Learn how to add a break in your busy day anytime!

**Mindful Eating:** Setting the intention; appreciating the deep ecology of the meal

**Evening Calm Meditation:** Peacefully relax and reflect about the day





## Day 7: Aigues Mortes

- ◆ Breakfast, Lunch & Dinner on board
- ◆ **Morning visit of this stunning walled town with a rich heritage. It was at one time on the coast, built by Louis IX in the 13th century as a port for departing crusaders**
- ◆ Return to your “floating hotel” for **lunch and scenic cruise to Avignon**

While you enjoy your lunch the ship quietly slips its mooring. Cruising leisurely upstream for the rest of the day, we catch the wealth of Provence’s heritage, witness of 26 Centuries of history, combined with the diversity of its exceptional natural sites

- ◆ Enjoy your evening arrival to Avignon with a memorable **"Avignon by Night" Gala Dinner-Cruise** on board
- ◆ Overnight in Avignon

### MINDFULNESS - WELLNESS ACTIVITIES

**Early “Mindful Movement” exercise:** fast or slow

**Morning Meditation:** *Silent Mindfulness*; flex your “awareness muscle” (despite your thoughts)

**Evening Calm Meditation:** *Group Mindfulness* (Reflection & discussion opportunity; Closing)

## Day 8: Avignon (Disembark)

Your cruise comes to an end...Enjoy one last breakfast on board before disembarking in Avignon for your onward travel arrangements





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**CRUISE-TOUR DATES:            SEPTEMBER 13 - 20, 2020**

**FARES FROM:                    ~~\$4,280~~ **\$3,850****  
**(\$430 Early Booking Discount\*)**

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\*10% Early Booking Discount valid on new reservations booked by February 15, 2020

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**Fares are per person in USD – Double Occupancy**

**SUPPLEMENT Single: + \$570**

**SUPPLEMENT Main Deck Cabin with French balcony: + \$275**

**INCLUDES:**

- A 8-day/7-night CruiseTour on board Le Chardonnay
- Double-occupancy cabin with shower in private bathroom
- All Mindfulness & Wellness Activities & Sessions personally conducted by Rev. Norm Gustafson, M.S.
- All Excursions with transportation and English-speaking guide
- All meals from dinner the first day to breakfast on last day (*including lunches ashore at Chateauneuf Du Pape, Saint Remy De Provence and a typical Camarguais lunch buffet at a "Manade" in Camargue*)
- Drinks with meal including Aperitif, Beer, Cote du Rhone Red/White Wine, Coffee/Tea
- Welcome cocktail, Gala dinner and evening entertainment on board
- All Port Fees & Taxes

**EXCLUDED**

Trip Cancellation & Travel insurance

Overseas air transportation to Paris and return

Transportation from Paris to Avignon and return

Bar Drinks

Personal expenses

Gratuities are not included. Tipping is entirely discretionary if you are fully satisfied with the level of service