

## DISCOVERING

*Experience the many facets of the rich, historical, cultural and spiritual Midi-Pyrenees region*

*Magical mountain walks  
caves, wonders of nature  
lively traditional markets  
cultural Toulouse  
medieval Carcassonne, Mirepoix  
Cathar villages & castles  
And so much to see and do...*



## ANIMALS

*We have dogs and cats  
and we hope you will like our  
four-legged friends*

## WE OFFER

*Vegetarian or vegan meals  
special diets on request  
(organic when possible)*

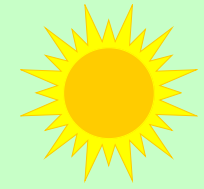
*Hypnotherapy  
Transformation Game  
Holistic Parenting Programme  
Personal Development  
Lifestyle Counselling  
Stress Management  
Meditation  
Sauna*

*Theme Workshops...  
More information on our website  
<http://providence.suryoma.com>*

*We have ideal conditions for groups  
of up to 12 people*



*Dawn at Providence*



# Providence

*A holistic living retreat  
in the  
French Pyrenees...*



*...where a relaxed friendly and  
peaceful ambience awaits you*

*Glorious panoramic views of the  
Pyrenees and surrounding valleys*

*Recharge yourself  
under majestic oaks*

*Our holistic retreat brings  
wellbeing to body, mind and soul*

*We look forward to sharing Providence with you...*

## ACCOMMODATION

*“Room with a view”  
including breakfast*

*Self catering for 6/8 people  
on a weekly basis*

## CHOICE OF ROOMS

*Spacious 1st floor double/twin room  
with private ensuite showerroom  
plus single bed in mezzanine*

*Large 1st floor twin room  
with shared bathroom*

*1st floor double room  
with shared bathroom*

*Spacious ground floor double room  
plus twin beds in the mezzanine  
with private ensuite showerroom*

## FOR YOUR COMFORT

*Guest living room with piano  
Hi-fi and satellite TV, DVD, VCR  
English and French films available*

*Large sunny terrace and park*

*Private swimming pool  
(more information on request)*

## SANCTUARY

*We love our sanctuary and ask that  
you respect the following:*

- *Providence is a smoke-free domain*
- *Vegetarian food only*
- *Check in time: 5 pm onwards*
- *Check out time: 11 am*
- *Minimum stay: 2 nights*



## RESERVATION

*Fax & Tel: (33) (0)5 6168 3302*

*Tel: (33) (0)5 6160 3899*

*E.mail: [providence@suryoma.com](mailto:providence@suryoma.com)*

*<http://providence.suryoma.com>*

*We speak English & French*

## TARIFF PER PERSON

*Bed & Breakfast:*

*From Euro27 per night*

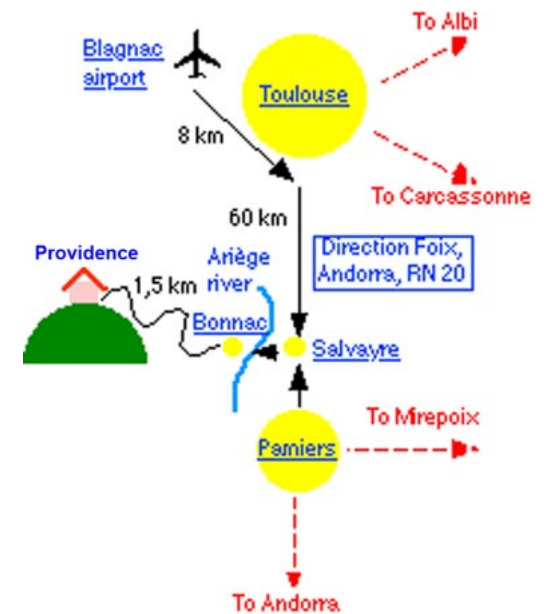
*Prices available on request*

## YOUR HOSTS

*François & Julie Gerland  
Susan Doyle  
are happy to share with you  
their holistic lifestyle  
in this beautiful region*

## LOCATION

*On a hilltop in the foothills of the  
Pyrenees, Providence is a 42 acre  
secluded domain, 6 km from  
Pamiers. The nearest international  
airports are Toulouse-Blagnac and  
Carcassonne*



*Direct train services link Pamiers  
with Toulouse, Paris, Andorra...*