



# SPIRITUAL & WELLNESS RETREATS IN THE SOUTH OF FRANCE

[WWW.FEELBETTERBEHAPPY.COM](http://WWW.FEELBETTERBEHAPPY.COM)

**Yoga** - Meditation - **Massage** - Energy Healing - **Coaching**







## LOTUS VILLAGE ASSOCIATION

Lotus Village Association is an organization created by Tania Manczarek and Lucas Coelho, two free-spirited individuals from different parts of the world, who are passionate about helping people in creating the life of their dreams through their unique and powerful wellness retreats. **They offer individual as well as group retreats in two locations in the South of France designed with a wide variety of alternative methods and techniques such as yoga, meditation, life coaching, energy healing, massage and more, in order to bring about the greatest positive change in a short period of time.**

## THE CREATION OF LOTUS VILLAGE

Lotus Village is the co-creation of two 30-something year-olds who were separately traveling in 2011 on a quest to find peace with themselves and in their lives. Tania was from America and Lucas was from France and the two crossed paths at an elephant rehabilitation center in Northern Thailand. This chance encounter changed both their lives forever.

Since 2014 they began offering wellness retreats and healing services in the South of France where they have now helped over 70 retreat participants from 22 countries with men and women ages 17 to 71 and have witnessed profound changes in so many of them.

## THE FACILITATORS



**TANIA MANCZAREK**

Having experienced severe depression as a teenager and again in her 20's, as well as a burnout at the age of 35, Tania began her journey to happiness when she decided to overcome her fears, quit her job and life in Los Angeles and follow her dream of traveling the world.

Leaving behind her career as a licensed psychotherapist in California, Tania followed her heart which eventually led her to France where she now lives and focuses her passion for helping people heal as an intuitive energy healer, certified yoga instructor and massage therapist.

Tania focuses her life and practice on the mind/body/spirit connection and skillfully teaches people how to understand the profound wisdom of their bodies. She works in helping people to uncover their authentic self and life believing that true healing comes from listening to our feelings, our needs and our dreams and that it is from this place of honesty everything is possible.



**LUCAS COELHO**

After a battle with cancer that forced him to face himself, his fears and that challenged his beliefs, Lucas gave up his comfortable life and position in marketing in a world-renowned company to begin his path towards happiness and discovering his true self and purpose.

Certified holistic life coach, reiki practitioner and hypnotist, Lucas uses his knowledge, experience and intuition to help others to reconnect back to themselves, their needs and their happiness. His practice is focused on providing people with concrete tools for their daily lives that bring about real and lasting change.

Lucas is also skilled at quickly pinpointing the source of peoples' unhappiness and negative patterns that block them from moving forward and then provides step-by-step support in resolving the issues.

7 years after his cancer, Lucas is healthier and happier than ever and is passionate about helping others find their true happiness.

## WHAT TYPES OF RETREATS?



We offer several different types of all-inclusive retreats to meet a variety of needs including **Meditation & Yoga retreats, Rebalancing, Transformational and Silent Meditation retreats.** While our individual retreats are more intensive and designed to provide one-on-one attention with activities adapted to your specific needs and goals, each retreat provides you with a wide array of easy yet effective tools to know how to change negative life patterns that are sabotaging your happiness and wellbeing, how to develop a sense of inner peace, confidence and calm in your day-to-day life and how to create a

step-by-step plan-of-action to begin transforming your life.

### 4-DAY YOGA & MEDITATION RETREAT JUNE 2-5, 2017

This program is perfect for those who always wanted to learn meditation or yoga but didn't know how to start. It's the perfect opportunity to discover the benefits of meditation and yoga in a relaxed environment with one-on-one support. Learn and experience the benefits of different types of meditation such as guided meditation, sitting meditation, walking meditation and movement meditation as well as gaining a deeper understanding of the philosophy of yoga and the postures. Give yourself the gift of experiencing these powerful and ancient techniques and learn how to incorporate them in your own day-to-day life.



### 6-DAY SILENT MEDITATION RETREAT AUGUST 3-8, 2017

Lotus Village is offering this year a **6-Day Introduction to Silent Meditation Retreat in August 2017 as the perfect introduction to silent meditation** for those who would like the opportunity to learn this practice in a gentle and supportive atmosphere and for a short period of time. **Inspired by some of the ancient practices of Vipassana meditation** which means, "To see things as they really are," this retreat will include daily meditation taught step-by-step as well as 3 days of silence to go more deeply into the practice and to gain insight into yourself and how to quiet your mind.

This 6-Day Introduction to Silent Meditation retreat has been specifically adapted for Westerners who will benefit greatly from a combination of different types of meditation such as sitting, walking and movement meditations for shorter intervals rather than the traditional method of sitting meditation for hours each day.

This retreat also includes 3 days of silence as a way to allow participants to adapt to being in



silence, rather than a typical 10-day Vipassana retreat with 8 days of silence.

Participants will also have the benefit of meeting with their teacher to discuss their progress as well as any challenges with the meditation.

On the non-silent days, participants will also experience activities like Free-Spirit dancing and a film with discussion after to further highlight the

### 6-DAY RECONNECTION RETREAT SEPTEMBER 1-6, 2017



This re-energizing retreat is designed to be a unique program of relaxation and reconnection with your inner self. Experience daily Hatha yoga and breathing exercises, group Transformational Life coaching, group energy healing, Tibetan Singing Bowls, Biodanza and Free-Spirit dancing all in a beautiful and amazing 18-hectare eco-village. Learn and experience different tools, techniques and healing methods to help you in living a healthier and happier life guided by what you truly want and need.





## OUR ONGOING RETREATS

### TRANSFORMATIONAL RETREAT



This signature retreat is a unique and comprehensive program addressing the mind, body and spirit through yoga, meditation, Transformational Life coaching, energy healing and massage.

This retreat is perfect for those who want to make changes in their lives but don't know where or how to start. Whether you are thinking about changing your job or career, are in a relationship that is no longer healthy or beneficial for you but you don't know how to make it better, or you have issues with feeling confident and communicating your needs and feelings to those around you, this

retreat will provide you with the support, tools and plan necessary to move you forward in your life.

### REBALANCING RETREAT

This relaxing retreat is designed to rebalance your mind, body and spirit through a program of yoga, meditation, Transformational Life coaching and massage. This retreat is less intensive than our Transformational retreat and perfect for those who need a break from their busy life to relax, while gaining support and tools to help bring their life back into balance.



### YOGA & MEDITATION RETREAT

This program is the perfect opportunity to discover the benefits of meditation and yoga in a relaxed environment with one-on-one support. Learn and experience the benefits of different types of meditation such as guided meditation, sitting meditation, walking meditation and movement meditation as well as gaining a deeper understanding of the philosophy of yoga and the postures. Give yourself the gift of experiencing these powerful and ancient techniques and learn how to incorporate them in your own day-to-day life.





Passionate about travelling and discovering the knowledge and wisdom of other cultures, Tania & Lucas travel with their backpack during their time off to continue learning other ways and tools to help their participants. "The best encounters happen when we let go and follow where life brings us ».



## INTERVIEW

### *How was Lotus Village created?*

**Lucas:**

Tania and I both come from two big cities. I lived 14 years in Paris and Tania grew up in Los Angeles. Everywhere we looked around us we could see people more and more stressed and unhappy. Having both went through our own difficult periods of stress and illness, we started to feel a strong need and desire to create a sanctuary where people could step out of their chaotic and busy lives to start reconnecting with their mind, body and spirit and the important work of creating a life they loved and not just a life of stress and survival.

**Tania:**

In our current world we don't know how to take time for ourselves, to do things we enjoy and just enjoy life. We live in a society where we always have to wear a "mask" and pretend as if everything is ok. Seeing this, we wanted to create a place where people could take off their mask, experience feeling accepted and where they could begin to feel hope and joy and start to dream again.

### *Why the name Lotus Village?*

**Lucas:**

When we picked the name, we had a long-term vision to one day eventually build our own eco-friendly retreat and healing center in Europe. We both love people and nature and we wanted to have a large space where we could receive individuals, small and large groups for retreats, festivals, workshops and events. We wanted this space to have the feeling of a small community or "village" where people could also stay for longer periods of time if they wanted to for their healing process. We hope to realise this long-term goal in the next few years.

**Tania:**

The use of the word "lotus" came from the symbol of my favorite flower which represents transformation, change and spiritual growth. I also love the physical process of how this flower comes from the depths of dark and murky ponds and emerges from the water towards the light of the sun, opening each day in a beautiful display of nature's magic only to close its petals again when the sun goes down as it retreats back into itself. For me, it's a perfect metaphor for the transformation that humans go through when they accept their destiny to emerge from the darkness into the light and show their own magic and beauty.

### *What is unique about Lotus Village retreats?*

**Tania:**

I feel we have numerous unique and wonderful aspects to our retreats that many of our participants actually remark about and that make our retreats very powerful in creating change quickly. For example, things like our flexibility and ability to adapt our methods and techniques to each person and their specific needs; our relaxed way of teaching people so that our participants feel free to be themselves and to explore the information given in a non-judgmental and accepting atmosphere; and our intuition about people's needs and emotions that help us to pinpoint what someone is needing from a retreat very quickly.

**Lucas:**

What I notice is Tania and I have very complementary and coherent teaching styles that offer our participants the benefit of having two practitioners teaching the same concepts but in different ways and using different methods. This really helps our participants to understand and integrate what they learn more deeply and efficiently by having the information reinforced multiple times throughout their retreat so by the time they leave it feels second-nature. Also, people really like that our method of teaching is very concrete, practical and easy-to-learn so they can begin using the tools and techniques they learn as soon as they get back home. Like this, we have participants telling us about all the changes they make after they get home because they know exactly what they need to do and how to do it. We also like to check-in with our participants periodically to see how they're doing and to offer support and follow their progress.

For example, we had a teenage girl in college who came on retreat as a gift for her birthday from her mother because she was struggling in her life and not really happy. She came for a 3-day Transformational retreat and the changes she made were incredible. She left the retreat

feeling light, joyful, inspired and full of life with the realisation that she wanted to move to a bigger city for a period of time and then to travel to Iceland, where she had always dreamed of going. She was also passionate about photography but was uninspired by what she was learning in her photography classes at college and really wanted to take a break from school to travel. So during her retreat, she created a plan of what she wanted to do and then spoke to her mother about it, who was amazingly supportive and encouraging. Immediately after her retreat, she stopped her photography studies and moved to a bigger city where her brother lived. After that she followed her dream of travelling to Iceland where she travelled by herself for 5 months. She is now in Australia after traveling to Bali and is enjoying life on her terms.

**Tania:**

I also want to add that what I think makes our retreats unique is the variety of the activities, services and time we give to our participants. Each time we create a program we spend time thinking about the activities we integrate and how they will help the people who come. Everything is deliberately designed to make the biggest impact on our participants. In our experience, we believe that real change comes from a better understanding of our behaviors and having concrete tools to change them, but also that change really happens when the mind, body and spirit are all integrated. That's why we offer so many different activities that support this integration. Even the free time during our retreats have a reason. From our yoga, to our massage, our energy healing, coaching, books we suggest for our participants to read and even the movies we show, everything is part of a bigger picture and it's all combined to give the best results. Lucas and I have complete trust in each other and are complementary and it's this relationship that we have that also makes our retreats so unique.



# SOME WORDS FROM OUR AMAZING PARTICIPANTS



I have had the most amazing 3 days with Tania and Lucas. Every session I had took me completely out of my comfort zone and has changed my life! I enjoyed the yoga, energy healing, the walking life coaching and of course the most amazing massage when I arrived. The best part was laughing so much, it was the best medicine. This retreat has been one of the best experiences of my life and I would highly recommend it to anyone considering something like this. **It will change your life!**

**Anne, Scotland**  
**Transformational program**

This retreat has been life-changing for me. It came at a point of cross-roads in my life and I could not have made a better decision. It has inspired me to pursue my dreams; it has challenged me to take the journey within even deeper; it has allowed me to meet "family" away from home, and it has rejuvenated my soul. I am filled with so much happiness and peace and my heart is over-flowing with gratitude for Tania and Lucas. I loved their energy and company. The one-on-one sessions were inspiring and helpful. The food was amazing and the scenery breathtaking.



**Kayleigh, South Africa**  
**Transformational program**



I stayed 5 days with Tania and Lucas for a Transformational Retreat. A simple holiday with yoga and meditation experience turned out to be an amazing journey of self-discovery, development and spiritual renewal. It totally exceeded my expectation and I felt so lucky and privileged to have chosen this retreat. Tania helped me to identify the real need of my body, my energy and gave me tools that I can use and continue to practice in my post-retreat life. Lucas guided me through some of the

essential issues I have in my life and showed me the possibilities and different ways to deal with them. Tania and Lucas made themselves available and mentally present for me when I needed their advice or to express myself. I felt myself reconnected to my body, mind and soul. Thank you Tania and Lucas.

**Selina, Hong Kong**  
**Transformational program**

I searched for a calm place to rejuvenate for a few days in the sun, however, my retreat with Tania and Lucas brought me so much more than this. My mind, body and spirit were all rejuvenated. I appreciated the calm environment, the wonderful smoothies that Tania made with fresh fruits and vegetables. Thank you.

**Celine, France**  
**Yoga & Meditation program**



**A life changing experience.** I feel as if I'm a new person and can't wait to share what I've learned with friends and family. Thank you for helping me find peace with myself. I feel more confident with who I am and truly feel capable of anything I put my mind and effort into.

**Dillon, United States**  
**Transformational program**



What can I say when "truly amazing" doesn't even seem to fit the experience I have had. I was very nervous about coming and never had been away on my own before. I knew I needed to relax and some help but I didn't know how... Tania and Lucas are both truly amazing people and made me feel at ease from the moment they met me at the airport. They welcomed me into their home and put me at ease giving me a safe environment and the tools to explore and find myself. Most important they taught me how to love myself, be at peace and just have fun and

be happy. I have not laughed so long and so hard for quite some time! I consider my expectations well and truly surpassed. I can thoroughly recommend Lotus Village for anyone who needs to get away and have some rest and relaxation or for someone who is looking for help and guidance on how to be happy. Thank you from the bottom of my heart. **You have changed my life for the better.**

**Alistair, Great Britain**  
**Transformational program**

As my first retreat I came expecting to expand my knowledge about yoga and meditation. But I got so much more, by actually expanding my knowledge about myself, and how my mind works. And most important, how to guide it towards happiness and for that I'll be forever grateful.

I enjoyed everything! The space is super cozy and relaxing. The schedule was perfectly balanced, the food was amazing.

**Tayane, Brazil**  
**Yoga & Meditation program**



It has been years, or maybe a lifetime, that I haven't thought about myself. I was feeling lifeless and this was the moment I needed to do something. I met two amazing people who really care our well-being and who gave me tools to start the journey back to the real me. I really liked all of our discussions, the positive interactions and positive energy. I particularly connected to the inner child work that helped me realise so many things about myself and my behavior. The energy healing with Tania was a very powerful experience and I'm leaving with a better understanding of my real value.

Even if I have more work to do, now I have the tools that were given to me in during this time. 5 days was too short! I will miss you!

**Maria, France**  
**Transformational program**

I came here for a 5 day detox retreat in order to escape the banalities of life that were pulling me down and pushing me in wrong directions, and I left with a quieter mind, a stronger body, a lifted spirit and a happier heart! Tania and Lucas are very giving people, and their heart is in everything they do. They are amazing each in their own way, each bringing their own individual wealth into their different techniques and approaches, and each complementing the other. It has been a truly challenging, educating and inspiring 5 day detox. Thank you for this physically grounding, spiritually uplifting experience.

**Birdie, Great Britain**  
**Yoga & Detox program**







**Yoga**  
**Biodanza**  
**Meditation**  
**Coaching**  
**Energy Healing**  
**Silent Retreat**

## **WELLNESS RETREATS**

**June - August - September**

Sainte-Camelle Ecovillage

**More information at:**

**[www.FeelBetterBeHappy.com](http://www.FeelBetterBeHappy.com)**

5 min from Pamiers - 1h from Toulouse - 1h from Carcassonne



## **LOTUS VILLAGE PROGRAMS**

### **Group Retreats**

**4-Day Yoga & Meditation Retreat**

**Jun 2 - 5, 2017**

[www.feelbetterbehappy.com/4day-yoga-meditation-retreat-france](http://www.feelbetterbehappy.com/4day-yoga-meditation-retreat-france)

**6-Day Silent Retreat**

**August 3 - 8, 2017**

[www.feelbetterbehappy.com/6day-meditation-silent-retreat](http://www.feelbetterbehappy.com/6day-meditation-silent-retreat)

**6-Day Reconnection Retreat**

**September 1 - 6, 2017**

[www.feelbetterbehappy.com/6day-yoga-wellness-retreat-france](http://www.feelbetterbehappy.com/6day-yoga-wellness-retreat-france)

### **Small & Individual Retreats**

#### **5-Day ongoing**

**5-Day Yoga & Meditation**

[www.feelbetterbehappy.com/5-day-yoga-meditation-retreat](http://www.feelbetterbehappy.com/5-day-yoga-meditation-retreat)

**5-Day Yoga, Rebalancing & Vegetarian Cooking class**

[www.feelbetterbehappy.com/5-day-rebalancing-yoga-retreat](http://www.feelbetterbehappy.com/5-day-rebalancing-yoga-retreat)

**5-Day Yoga & Transformation**

[www.feelbetterbehappy.com/5-day-transformational-retreat](http://www.feelbetterbehappy.com/5-day-transformational-retreat)

#### **7-Day ongoing**

**7-Day Yoga, Rebalancing & Vegetarian Cooking class**

[www.feelbetterbehappy.com/7-day-rebalancing-yoga-retreat](http://www.feelbetterbehappy.com/7-day-rebalancing-yoga-retreat)

**7-Day Yoga & Transformation**

[www.feelbetterbehappy.com/7-day-transformational-retreat](http://www.feelbetterbehappy.com/7-day-transformational-retreat)





**Yoga**  
**Biodanza**  
**Meditation**  
**Coaching**  
**Energy Healing**  
**Silent Retreat**

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## **THE BENEFITS OF A LOTUS VILLAGE RETREAT**

- Retreats that work with your schedule and are available to start any day of the week you choose.
- A wide variety of all-inclusive retreat packages offered that include powerful methods of healing such as yoga, meditation, Transformational Life Coaching, energy healing and massage to create faster and lasting change.
- Individual, private retreats offered for a one-on-one, personalized retreat experience that is tailored to your specific needs and goals.
- Benefit from the vast experience and complementary styles of Lucas and Tania who intuitively understand how to guide you to get the most out of your retreat.
- Leave with an after-retreat plan to continue your changes and newfound habits at home.
- Gain a variety of simple and easy-to-use tools to change negative habits, create more joy, peace and balance in your daily life and create the life you want.
- Understand the mechanisms that keep you stuck in your life and sabotage your happiness and how to change them in a short period of time.

### **Contact**

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### **Facebook**

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