

THE QUEEN'S CONTINUUM

Dordogne, France · June 18–25, 2026

A Retreat of Embodied Sovereignty, Spaciousness & Coherence

This retreat is intentionally spacious.
Not to escape life — but to return to it differently.

The Queen's Continuum is not designed around performance or constant activity.
It is designed around:

- grounded presence
- nervous system restoration
- embodied leadership
- beauty, spaciousness, and coherence

Each day unfolds slowly, intentionally, and in rhythm with the land.

Inspired by the previous France itinerary structure and flow

THURSDAY · JUNE 18

ARRIVAL & GATHERING

Entering the Continuum

3:00 PM – Arrival & Settling In

- Welcome into the château
- Nervous system landing
- Tea · rest · soft arrival

6:30 PM – Welcome Dinner

- Gathering around the table
- Opening the field gently

8:30 PM – Opening Circle

The Queen Within

- Retreat intentions
- Princess → Queen framework

- Entering the container consciously

Evening:

Silence encouraged · Rest · Integration



FRIDAY · JUNE 19

GROUNDING & COHERENCE

Returning to Yourself

8:00 AM – Morning Grounding Practice

- Breath · posture · embodied presence

9:00 AM – Breakfast

10:30 AM – Teaching Session

The Language of the Queen

- Emotional responsibility
- Coherence vs emotional chaos
- Self-abandonment vs self-leadership

1:00 PM – Lunch

3:00 PM – Spacious Integration Time

- Poolside relaxation
- Nature walks
- Journaling
- Rest

5:30 PM – Evening Session

The Cost of Leaving Yourself

- Relationships & coherence
- Boundaries
- Leadership through presence

7:30 PM – Dinner

Evening:

Soft music · Tea · Spaciousness

SATURDAY · JUNE 20

BEAUTY, SPACIOUSNESS & ABUNDANCE

Learning to Receive Life

8:00 AM – Morning Embodiment

9:00 AM – Breakfast

10:30 AM – Departure for the Gardens of Marqueyssac

The Queen & Spaciousness

A day focused on:

- beauty as nervous system medicine
- spaciousness as leadership
- abundance beyond performance

Lunch at the Gardens

Slow walking, reflection, and presence through the gardens.

4:30 PM – Return & Relaxation

7:30 PM – Dinner

8:45 PM – Evening Reflection

Receiving Without Guilt

SUNDAY · JUNE 21

THE HEART OF THE QUEEN

Love Without Self-Abandonment

8:30 AM – Breakfast

10:30 AM – Teaching Session

Relationships & Coherence

Exploring:

- self-love vs self-abandonment
- emotional outsourcing
- the difference between love and dependency
- staying connected to self inside relationships

1:00 PM – Lunch

3:00 PM – Spacious Afternoon

- Rest
- Integration
- Optional 1:1 support
- Journaling

6:30 PM – Departure to Saint-Léon-sur-Vézère

Queen's Dinner in the Village

An evening focused on:

- pleasure without excess
- presence without performance
- embodied feminine elegance

Return Evening: Quiet integration

 **MONDAY · JUNE 22**

AUTHORITY & INNER TRUST

Leading Yourself Clearly

8:00 AM – Walking Meditation

9:00 AM – Breakfast

10:30 AM – Teaching Session

Authority Is Self-Trust in Action

Topics:

- decision-making
- intuition vs emotional reaction
- clean communication
- standards & non-negotiables

1:00 PM – Lunch

3:00 PM – Free Time & Integration

Pool · reading · rest · nature

5:30 PM – Queen Codes Workshop

- Defining standards
- Clarifying boundaries
- Embodying daily sovereignty

7:30 PM – Dinner



TUESDAY · JUNE 23

PEACE & INNER STILLNESS

The Intangible Power of the Queen

8:00 AM – Silent Morning Practice

9:00 AM – Breakfast

10:30 AM – Visit to Daghpoo Buddhist Center

Meditation & Peace Practice

A gentle immersion into:

- stillness
- presence
- silence
- non-reactivity

This experience is focused on:

peace as power

Lunch Following the Visit

3:00 PM – Integration & Reflection

5:30 PM – Evening Teaching

The Queen Does Not Chase

- energetic coherence
- allowing life to meet you differently
- feminine presence & magnetism

7:30 PM – Dinner

 WEDNESDAY · JUNE 24

EMBODIMENT & CONTINUITY

Living the Queen Daily

8:00 AM – Morning Embodiment

9:00 AM – Breakfast

10:30 AM – Final Teaching Session

The Queen's Continuum

Exploring:

- how to sustain coherence at home
- integrating leadership into everyday life
- nervous system continuity
- consistency over intensity

1:00 PM – Lunch

3:00 PM – Spacious Afternoon

- Packing slowly
- Reflection
- Optional final conversations

6:30 PM – Closing Dinner

8:30 PM – Closing Ceremony

Long Live the Queen

- Final declarations

- Integration ritual
- Embodied completion

THURSDAY · JUNE 25

DEPARTURE

Returning Home Differently

Morning Breakfast

Slow departures.

No rushing.

No abrupt ending.

Only integration.

IMPORTANT NOTES

This retreat prioritizes:

- spaciousness over stimulation
- embodiment over performance
- coherence over intensity

There is intentionally:

- free time
- silence
- rest
- beauty
- slowness

Because the Queen does not grow through pressure alone.
She grows through **presence**.