

## **Healing Sounds of Sufism, Kabbalah and Plainchant**

### **A Life-transforming Retreat with Yuval Ron**

In a pastoral farmhouse nestled in the gorgeous Pyrenees mountains of the idyllic Basque Country in Southwestern France!

#### Itinerary:

#### **October 7, 2026:**

Arrive at Pau Airport in the afternoon. You may wish to travel earlier and arrive on your own at the hotel one or more days before the retreat starts. Please book transport and hotel for these extra days on your own by contacting the hotel [Auberge de l'Etable](#) in the village of Montory, France, or our travel agent Harriet Balter of Protravel inc at: [harriet.balter@protravelinc.com](mailto:harriet.balter@protravelinc.com). Harriet's tel. number is: (1) 818-455-0079.

When you arrive at Pau airport on October 7, 2026 in the afternoon, Yuval Ron will wait for you at the Trib's Snack Bar in the Public area of the airport. Yuval's cell number is 1 323 459 1612 and is available via WhatsApp.

Following an evening ride through the beautiful Pyrenees mountains and among the picturesque villages of the French Basque Country, we will arrive at our charming country hotel l' Auberge de l'Etable in the village of Montory, for a welcome dinner and orientation with Yuval Ron and Carolyne Aycaguer-Ron.

#### **October 8, 2026:**

7:30 - 10am: Delicious French breakfast at the hotel

11 - 12:30am: Hebrew Kabbalah Sound Healing for unifying the Elements workshop with Yuval Ron at the farmhouse

1pm: lunch at the farmhouse

2 - 3:30pm: Early Christian Chants for gratitude and inner peace workshop with Yuval Ron at the farmhouse

4pm: Return to hotel for free time, rest, swim, hike, or explore the village

7:30 - 8:45pm: Typical French Basque dinner at the hotel

9 - 10:30pm: Sufi Chants for cultivating Joy, and Fire element workshop with Yuval Ron in the farmhouse

10:45pm: Return to the hotel for a sweet deep sleep

#### **October 9, 2026**

7:30 - 10am: Delicious French breakfast at the hotel

11 - 12:30am: Early Christian sacred sound practices for forgiveness and releasing grief workshop with Yuval Ron in the farmhouse

1pm: lunch at the farmhouse

2 - 3:30pm: Sufi Chants for purifying the heart workshop with Yuval Ron in the farmhouse

4pm: Optional field trip to Basque cheese farm, local potter, or a traditional Basque sandals factory, or return to hotel for free time, rest, swim, hike, or explore the village.

7:30 - 8:45pm: Delicious French Basque dinner at the hotel

9 - 10:30pm: Celebration of Mystical Light and Divine Union of Love for Shabbat led by Yuval Ron in the farmhouse

10:45pm: Return to the hotel for a sweet deep sleep

### **October 10, 2026**

7:30 - 10am: Delicious French Breakfast at the hotel

11 - 12:30am: Hebrew Kabbalah Sound Healing for unity and workshop with Yuval Ron in the farmhouse

1pm: lunch at the farmhouse

2 - 3:30pm: Sufi healing musical modes (Makamat) masterclass for remedies of psychological and physical conditions with Yuval Ron in the farmhouse

4pm: Return to hotel for Free time, rest, swim, hike, or explore the village

7:30 - 8:45pm: Delicious French Basque Dinner at the hotel

9 - 10:30pm: Early Christian Chants for reducing stress, anxiety and pain relief workshop with Yuval Ron in the farmhouse

10:45pm: Return to hotel for a sweet deep sleep

### **October 11, 2026**

7:30 - 10am: Delicious French Breakfast at the hotel

11 - 12:30am: Hebrew Kabbalah Sound Healing for balancing energies in body and mind workshop with Yuval Ron in the farmhouse

1pm: lunch at the farmhouse

2 - 3:30pm: Part 2 of Sufi healing musical modes (Makamat) masterclass for remedies of psychological and physical conditions with Yuval Ron in the farmhouse

4pm: Optional field trip to goat cheese farm, local potter, or a traditional Basque sandals factory, or return to hotel for free time, rest, swim, hike, or explore the village

7:30 - 8:45pm: Delicious French Basque Dinner at the hotel.

9 - 10:30pm: Group ritual and Walking meditation in the sacred spiral with early Christian sacred music at the farmhouse

10:30pm: Farewell French wine and cheese party at the farmhouse

11:45pm: Return to hotel for a sweet deep sleep

### **October 12, 2026**

7:30 - 10am: Delicious French breakfast at the hotel

10am: depart Hotel to Pau Airport.

Please note: This is a draft itinerary for planning purposes and is still subject to changes between now and our travel dates.