



Prana

Luxury Retreat Space





Our Yoga Shala

Housed in a beautifully restored stone barn, the Yoga Shala offers a serene space bathed in natural light and grounded in quiet simplicity.

Oak floors, high ceilings, and views of nature invite deep focus and presence. Fully equipped with mats, props, and heating, it's designed for comfort and ease in every practice.





Your Stay

Within our enchanting abode, all nine bedrooms are adorned with elegance and simplicity.

Each guest is beckoned to choose between the spaciousness of pool-facing Deluxe Rooms, the charm of garden-facing Boutique Rooms, or the privacy of our one-bedroom apartment, where the distinctions lie in spaciousness and vistas.



Rooms

PRANA has five Deluxe and three Boutique rooms. All feature lofty high ceilings, original details, and thoughtful design for a relaxing stay.

Natural hues and materials create a tranquil atmosphere, while French doors offer a variety of views. The Deluxe Rooms are slightly more spacious than the Boutique Rooms kept intimate.

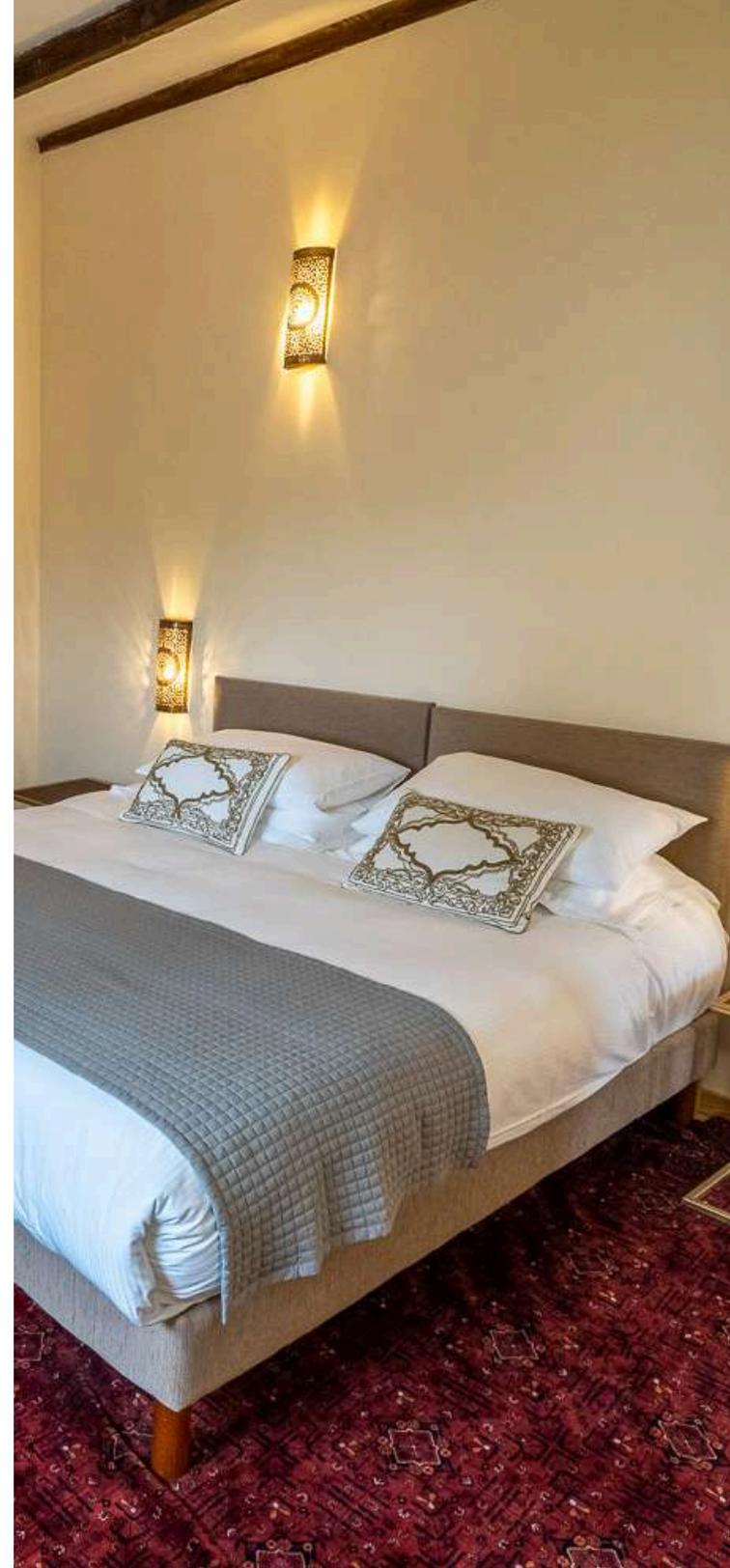


Apartment

Once a traditional hayloft, this characterful building is now a luxury one bedroom apartment for retreat guests.

With magnificent elevated south facing views across open countryside, the Akash apartment is comfortable, spacious and tastefully furnished.

It also boasts a private lounge area, an open-plan dining area and well-equipped kitchen.



Dining Area

We offer vegetarian wholesome seasonal meals either brunch/dinner or breakfast/lunch/dinner depending on the group needs.

Our ayurvedic cuisine may be savored within a cozy dining room or outdoors, according to the whims of the elements.



Spa & Wellness

Indulge in a rejuvenating massage by our experienced local therapists, or unwind in the hot tub beneath starlit skies.

Step into the infrared sauna, where deep heat soothes and detoxifies, then awaken your senses in the cold plunge — a revitalizing journey that harmonizes body, mind, and spirit.





Swimming Pool

Feeling the call to unwind and let the soothing embrace of water reshape your essence?

Experience our south-facing swimming pool overlooking open fields and woodland, where you can take a refreshing dip or luxuriate in tranquil reflection.



The Grounds

Step outside and choose from the many walking, hiking and cycling trails on your doorstep.

Meander down well-trodden paths and gentle slopes, and fill your lungs with fresh, clean air.

Or take a bike ride along quiet country lanes and be absorbed by the sights and sounds surrounding you.





Our Food

In the heart of Prana's kitchen, Nishtha, a culinary artist rooted in Ayurveda and vegetarian traditions, celebrates the rhythm of the seasons.

Her dishes weave together local produce with global flavours, crafted with care and calm — food that nourishes, balances, and restores.



Local Area

The local area is a land of beautiful and diverse landscapes. Dramatic gorges, slow moving rivers, and charming villages such as Puy-l'Éveque and Rocamadour.

Other natural highlights include the vineyards of Cahors, the Upper Dordogne Valley and UNESCO Causses du Quercy Regional Natural Park.





Connect

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Prana

Luxury Retreat Venue

