

Facilitator Pack

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# The French Retreat

• BORDEAUX REGION •

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2013

— *The French* —  
**RETREAT**

The French Retreat, 11-17 Route de la Loge,  
16210 Yviers, Nouvelle Aquitaine, France



## EVERYTHING YOU NEED TO KNOW ABOUT RUNNING A RETREAT HERE

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**The French Retreat is a former Cognac-making Estate comprising a manor house and a vast converted barn surrounding a walled courtyard.**

**We offer fully catered, sole occupancy hosting for 8-25 guests**

### **Facilities:**

- **70m2 yoga studio/group room**
- **Sunrise facing 70m2 yoga deck**
- **10m x 5m swimming pool**
- **11 bedrooms**
- **10 bathrooms**
- **3 furnished bell tents**
- **Large dining room**
- **Covered outdoor dining area**
- **Salon with library**



# Accommodation

La Grange (French for 'The Barn') contains 6 en-suite bedrooms and the group space. You can find floor plans [here](#).

The bedrooms can accommodate up to 12 people sharing. The bedrooms are arranged on two floors.

Upstairs bedrooms are all twins, each very different in style all with a deep oak window seats.

Downstairs there currently is one double room (pictured), one twin room and one 'family room', ie a double and a single bed, and all have French doors onto a patio.

All accommodation is flexible and we will move beds in and out to give you the preferred arrangement.





# Accommodation

The Manor House has another 5 guest bedrooms.

On the first floor:

1 en-suite double bedroom

2 twin rooms sharing a large bathroom (see picture)

In the attic:

1 triple room

1 room with super king size bed, and basin

Shower room

A second separate toilet.

You can find floor plans [here](#).

## We also have three bell tents

They are furnished with a proper bed and bedding, plus a bedside table with rechargeable lantern. They are considered 4 person tents but we offer them single occupancy.

They are suitable for the summer months and are under the shade of a vast and magical lime tree. There is an adjacent bathroom for the campers to share.



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# What it costs



## Standard Package

The good news is we don't charge you a flat rate for sole occupancy of The French Retreat.

We charge you per person, per night (pppn).

You decide what you charge your guests and whether they are in an en-suite bedroom or single occupancy, it's all the same to us.

Our high season price is £140pppn and for groups of 12+ it will drop to £135 per person per night.

Mid/Low season from £125pppn .

Calculate your total costs [here](#).

This price includes:

- Unlimited pre-retreat planning, including costing and booking outings, transfers and extra activities with local providers.
- Sole use of The French Retreat, accommodation, three meals per day, refreshments (tea, coffee, fruit and biscuits all day), use of all the facilities (eg pool, yoga equipment, bikes, wifi etc)
- Minimum 8 people, with single occupancy bedrooms at no extra charge if space permits, up to 10 guests, then sharing. Free facilitator place per 8 guests.
- Beds made up with Egyptian cotton sheets. Towel bundle to include bath towel, pool towel (when pool is open), hand towel, flannel. Fresh towels midweek for retreats of 5 days or over.
- Luxury (eg Vegan/Cruelty Free or Organic) shampoo, conditioner and shower gel in showers.
- Bathrooms cleaned daily & studio swept and mopped.
- Fresh flowers in studio
- Handling guest enquiries, requests and emergencies.
- Co-ordinating/booking airport transfers with your guests (payment remains with them or you, but we guarantee to source English speaking drivers at lower prices than airport taxis, and in case of cancellations will always get your guests where they need to go.)
- Free guest pick up from Chalais train station.
- Welcome apéritif and orientation talk.



# Other Options

## Budget Retreats/Training

Whilst we prefer to offer the full hosting experience, this is not always needed if you are bringing your own support team or planning a longer training.

If you would like to just rent the space and have meals provided but not have any of the little luxuries, staffing, or pre retreat planning or back up support for emergencies we offer a special rate.

- Minimum 12 people, in shared bedrooms.
- Minimum 7 night stay
- Free facilitator place per 12 guests
- Three vegetarian meals per day
- Beds made up on arrival

£110 per person per night



The French Retreat was founded by Emma & Matthew Pruen

## How is it different?

You research, arrange and book any transfers, outings or extra activities

You handle all guest enquiries and issues during the retreat

All extras are charged to you

*Please feel free to book me in to discuss which option might suit you best!*

# Food

**We love our food at The French Retreat and aim to provide you with memorable meals.**

As award-winning restaurateurs our standards are high and we take pleasure in creating original menus using the most delicious local ingredients available.

Meals are served 'family style'. You help yourself from a buffet in the dining room. Menus vary according to what is in season, and the temperature outside. Lunches tend to be lighter and dinner includes dessert. For the spa package you can choose whether you serve meat, fish, plant based or vegetarian meals.

In the group room kitchenette we supply: premium herb teas, tea and Earl Grey, decaf Earl Grey, ground coffee and decaf coffee, unlimited fruit bowl and biscuits; milk and dairy free 'milk'.

Special diets eg gluten free, dairy free, FODMAP , vegan are charged at £12 per person per day. This is for the price of special ingredients (some of which we need to import) and to contribute to the cost of cook preparing separate meals.



Breakfast table above (spa rate package)





# Getting Here

## Location and Travel

### By Train

Our nearest train station is Chalais and we support spa package rail travellers with free transfers from Chalais train station to the French Retreat.

Our nearest TGV stop is Angouleme. Angouleme is on a TGV line between Paris and Lille to the north (we are a high speed two hour journey from Paris) and Bordeaux to the south. You can take a direct local train to Chalais from Angouleme or Bordeaux. Times and tickets are on the trainline app.

### By Air

The French Retreat is accessible from Bordeaux Merignac (75mins) and Bergerac airport (85 mins). British Airways fly from Gatwick to Bordeaux daily. EasyJet have irregular Bristol-Bordeaux, Luton-Bordeaux flights and daily Gatwick-Bordeaux flights. RyanAir fly from Stansted-Bergerac. Prices can be cheaper if you fly midweek and add a few days to your stay.

### Transfers

Public transport: There is a tram (€1.90, <https://www.infotbm.com/en>) or airport shuttle bus from Bordeaux airport to Bordeaux St John station (€10 <https://30direct.com/horaires/>)

Trains from Bordeaux St John station to Chalais are on a direct line and take 56 minutes, but there are only 2 or 3 a day. Tickets cost £16.90 and tickets can be purchased on the trainline app.

We can book a shuttle service from Bordeaux airport. A English-speaking minicab is from €160. Airport taxis are upward of €300, Uber is much better value.

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# Next steps

## How do I book and when do I pay?

Firstly book a time to discuss your plans with Emma [here](#). We then agree on the dates you would like to be blocked out for you.

You then have six weeks to gauge the interest in your retreat, and take some early bird bookings.

Six weeks after agreeing dates you pay a deposit of 25% of the booking price of room and board for eight people. On 1st January of the year of your retreat another 25% is due.

Two months before the retreat's start date you confirm the number of clients that have been booked and the final invoice is due. You can add people after that point if you have last minute bookings of course. This [document](#) allows you to calculate the potential cost of your retreat.





**See you here!**

