

The French Retreat
www.retreat.fr
La Loge, Yviers 16210 France

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Accommodation:

We have 2 buildings across a courtyard from one another:

La Grange (a converted Barn) which contains the 100 m2 group room and 6 twin bedrooms all with en-suite bathrooms, and **La Loge** (the main house) which has 5 bedrooms: 3 double first floor bedrooms - one with an en-suite shower room and the other two sharing a large family bathroom and 2 attic twin bedrooms.

The attic bedrooms share a bathroom (toilet, shower, basin). There is also a separate toilet in the attic, and one of the bedrooms has a basin too.

The rooms in the house are an offer once the 12 beds in La Grange have been filled or can be a separate space for facilitators.

To see the floor plans and pictures of bedrooms follow this link: www.retreat.fr/grid

We are flexible with the accommodation and move beds around to cater for gender split etc but for workshops we generally accommodate up to 18 guests sharing and one or two facilitator in a private room.

The cost to host a retreat in this space

We offer two tiers depending on the sort of course you are running, whether or not you have more than one facilitator or an assistant and of course the expectations of your guests.

Discount

- **We offer a discount of 10% on all the listed rates for bookings between 4 November-21st December & 6 January-29th February.**
- **A 5% discount applies for bookings in October, March & April.**

Spa Package £115 pppn sharing,

- Minimum 6 people, with single occupancy 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 Faith in Nature Vegan/Cruelty Free) shampoo, conditioner and shower gel in showers.
- Bathrooms cleaned daily & Studio swept and mopped.
- Fresh flowers in studio
- Shopping, running errands for your guests and handling all their requests
- Co-ordinating airport transfers with your guests
- Free pick up and drop from train in Chalais
- Welcome Aperitif on first evening.

Meals

- We offer a full catering service: 3 ethically-sourced and home made meals per day plus all refreshments. Our food is highly acclaimed. You can see details here: <http://www.retreat.fr/#!table-dhote/cl9m>
- All food intolerances and allergies can be catered for with advanced notice at £10 per day.

Breakfast: cereal, yoghourts, homemade seed bread, baguette, brioche, croissants and jams, boiled eggs, regular and dairy free milk. Daily options including smoked salmon and scrambled eggs; avocado on toast; Turkish breakfast platter (feta, cucumber, tomatoes, olives); Ayurvedic breakfast bowls; porridge with sliced banana and toasted nuts and seeds; Chia seed pancakes with homemade hazelnut butter and maple syrup.

Sample Lunch:

Carrot and Ginger Soup & baguette
Greek Salad, Lentil and Walnut Salad, Green salad

French Onion soup with gruyere croutons
Cherry tomato Tartelette with Asian Slaw
Cheese board and Green salad

Roasted courgette soup with cheese twists
Chicken Caesar Salad, Chickpea and Sweet Potato salad
Green Salad

Sample Dinner: Starter, Main course, side dish and Dessert including organic/free range meat or Vegan options.

Starter: Hummus, crudité, flatbreads.
Main course: Free Range Chicken and Lemon Tagine, cous cous, mint taboulé,
Pudding: Lemon sorbet with homemade lavender biscuits.

Starter: Tricolore salad (avocado, tomato, mozzarella)
Main course: Organic Beef Lasagne, garlic bread, green salad;
Pudding: Tiramisu.

Starter: Samosas
Main course: Aloo Gobi, Dhal, Basmati rice, Cucumber raita, beetroot chutney
Pudding: Deconstructed Cinnamon Apple Crumble with crème fraiche.

Breaks: In group room kitchenette: Premium Herb teas (eg Pukka); organic 'Clipper' Tea and Earl Grey, decaf Earl Grey, Ground coffee and decaf coffee, unlimited fruit bowl and biscuits; milk and dairy free 'milk'.

With this package we are delighted to work with you to create bespoke menus eg Ayurvedic or Vegan

Community package £85 pppn sharing.

Minimum 8 people.

Mid (5%) and low season (10%) discounts

- Bed made up on arrival plus bath towel; hand towel and bath mat per bathroom.
- Shampoo, shower gel and soap in bathrooms.
- Vegetarian meals; biscuits served in breaks.

Meals: Vegetarian and all Home Made. All food intolerances and allergies can be catered for with advanced notice at £10 per person per day.

Breakfast: cereal, yoghourts, bread and jams, brioche and baguette, boiled eggs. Tea & coffee.

Lunch

Eg: Soup & baguette

Protein salad (eg Greek, Caesar, Bean), Green salad

Dinner Main course, side dish, desert

Eg Spiced Vegetable Tagine, cous cous, mint taboulé. Lemon sorbet.

Vegetarian Lasagne, garlic bread, green salad. Tiramisu.

Aloo Gobi, Dhal, Basmati rice. Apple crumble.

In group room kitchenette: Herb teas & tea, coffee, milk. Biscuits for morning and afternoon breaks.

This package is for rental of rooms and the group space plus the provision of meals. The responsibility for your guests lies with you, for arranging and coordinating their transfers, meeting and greeting them, handling their day to day requests and issues (eg emergencies, illnesses, handling any extra charges (eg wine and special diets). Guests are responsible for making their beds and keeping their bathrooms clean.

Option Three

La Grange self-contained unit hire is £2200 per week (with mid and low season discounts). This option is if you wish to self-cater or eat out and includes beds made up on arrival. There are 6 ensuite two rooms in La Grange, an 100 m2 yoga studio, and a small open-plan kitchenette. The Kitchenette is not suitable for a full catering service but is appropriate if the guests would be having most meals in local restaurants.

The terms:

Discounts

We offer a discount of 10% on all the listed rates for bookings between 4 November-21st December & 6 January-29th February.

A 5% discount applies for bookings in October, March & April.

The facilitators wishing to put on a workshop commits to paying for either room and board for eight people regardless of how many they sign up, and pays a deposit of 50% of this figure. For rental of La Grange only the deposit is 50% of the rental price.if space permits

We then market the workshop to our mailing list and through social media, we also market to the English speaking community in France if it is appropriate to have non-residential guests.

Three months before the workshop you decide if you wish it to proceed depending on the number of people you have booked. If you cancel at this point 50% of the deposit is retained. If you wish to cancel after this point the full deposit is retained. We do understand the difficulties involved with filling workshops and if you stay in communication with us we will do our best to be flexible about deposits.

Six weeks before the workshop you pay the balance and confirm the number of clients that have been booked. You can add people after that point if you have last minute bookings of course!

Facilitator rates:

On the Spa package we offer one free host teacher place per 8 students for all food/ accommodation plus arrival the day before the workshop if desired.

For the Community Package we offer one free host teacher place per 12 students.

We are happy to offer storage of your materials if you send them ahead.

Equipment

- We have yoga mats, blocks, belts, blankets, candles, incense, tea light holders. Flip chart, with paper and pens.

Airport Transfers

- We can book a shuttle service from Bordeaux airport. The price for an eight seater minibus is €360. A English-speaking licensed minicab is from €150. Airport taxis are upward of €300, Uber is much better value.

Public transport: There is an airport shuttle bus from Bordeaux airport to Bordeaux St John station, priced €7 which takes half an hour (timetable here: <https://30direct.com/horaires/>) or a public bus, Line 1, which takes an hour and costs €2. Trains from Bordeaux St John station to Chalais is on a direct line, but there are only 2 or 3 a day. They cost €15.40 or €10 for under 25s.

Extras:

- Special diets eg gluten free, dairy free, FODMAP; £10 per person per day. This is for the price of special ingredients (some of which we need to import) and to cover the cost of the cook preparing special meals.
- Wine corkage (if guests bring their own wine) including hire and washing up of wine glasses and bottle recycling: €2 per bottle.
- Damage deposit €300

Linens

- Pool towel hire £2 per towel (free for Spa Package)
- Change of sheets: €15
- Replacement towel bundle €5
- Laundering duvet €10
- Laundry including powder and soft rinse: €4 per 6kg load returned wet for you to hang up. €8 returned dry and folded.
- Wheelbarrow of logs €10 (free for Spa Package)
- Bonfire/fire pit €50 (free for Spa Package)
- Hire of massage table and a dedicated room for treatments €50 per day (free for Spa Package)
- Supermarket purchases, item cost plus €1 per item (free for Spa Package)
- Printing €1 per page

Other things to note.

We are closed 21 December-5 January

This is a retreat centre not a hotel. We are not able to offer a 24 hour service.

Staff hours are from 1 hour before breakfast - 1.5 hour after dinner, ie usually 7am-9pm. We cannot accept arrivals after 9.30pm (i.e. if your guests flights land after 7.30pm they will need to stay in an airport hotel and travel to The French Retreat the next day.)

If guests wish to consume alcohol we ask that they are respectful of others and are quiet in the house or La Grange after 10pm. Smoking is permitted outside, away from the door areas, and guests are requested to use an ashtray.

Animals

We have two cats. We do our best to keep them out of the house and La Grange but guests need to keep bedroom doors and window shut to keep them out. Please advise if any guests have a cat allergy and we can allocate them an upstairs barn bedroom which will reduce the risk of an unwanted visitor. They do act like cats and chase and eat mice, we do our best to prevent this but unfortunately this is not always possible.