

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** which contains the 100m² group room and 6 twin bedrooms all with en-suite bathrooms, and **La Loge** which has 5 bedrooms: 2 double first floor bedrooms - one with an en-suite shower room and the other a private bathroom immediately next door and 3 attic bedrooms. The attic bedrooms can sleep up to 8 people however they share a bathroom (toilet, shower, basin). There is also a separate toilet, and one of the bedrooms has a basin on the corner. The attic rooms are generally offered as the lower priced option and we call them luxe dorms, there are an offer once the 12 beds in La Grange have been filled. To see the bedrooms in La Grange follow this link: https://www.dropbox.com/sh/abzp11c99n60v1e/AAAmY_olyLWg70pwTCY66sRca?dl=0

You could therefore accommodate 12 students in La Grange, 8 students in the attic, plus two facilitators in private rooms.

Meals

- We offer a full catering service: 3 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
- If you do not wish to take this option you may hire La Grange as a self-contained self-catering venue - see rates below.

Equipment

- We currently have 24 yoga mats, although 24 the absolute maximum capacity. We are looking to purchase other equipment so if you want to book with us, do discuss your requirements.

Airport Transfers

- We run a shuttle service from Bordeaux airport. The cost is €110 per trip of up to 6 people. There is a train station close by (Chalais) and we collect your guests for free from Chalais station.

The cost to host a retreat in this space

The cost is covered by your guests, so we charge for accommodation and food which then includes the cost of the group room rental.

We ask for a minimum of 6 guests.

The standard price is £75pp pn in shared accommodation for: beds made up on arrival with bath towel & hand towel (all white), and a bathmat per bathroom, soap and shampoo in the showers; vegetarian food; biscuits and fruit in the breaks.

The luxury price is £100 pp pn for beds made up with Egyptian cotton sheets, towel bundle to include a pool towel, luxury toiletries; daily cleaning of bathrooms; a towel change during the stay, menus including meat at lunch and dinner and fruit, biscuits replenished constantly plus extra snacks/ cakes etc in breaks ; shopping/running errands for your guests; arranging airport

transfers. Single rooms provided if space permits (i.e. up to 9 guests, after which sharing is necessary.)

La Grange self-contained unit hire is £1750 per week or £1950 in July and August. This option is if you wish to self-cater and includes beds made up on arrival.

The terms:

The facilitators wishing to put on a workshop commits to paying for room and board for six people regardless of how many they sign up, and pays a deposit of 50% of this figure.

We then market the workshop to our mailing list (3000 people who have attended our workshops in the past) and through social media, we also market to the English speaking community in France if it is appropriate to have non-residential guests.

Six weeks 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 20% 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.

One week 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:

We offer one free host teacher place per 6 students for all food/accommodation plus arrival the day before the workshop or staying the night afterwards if desired. We also are happy to offer storage of your materials if you send them ahead.