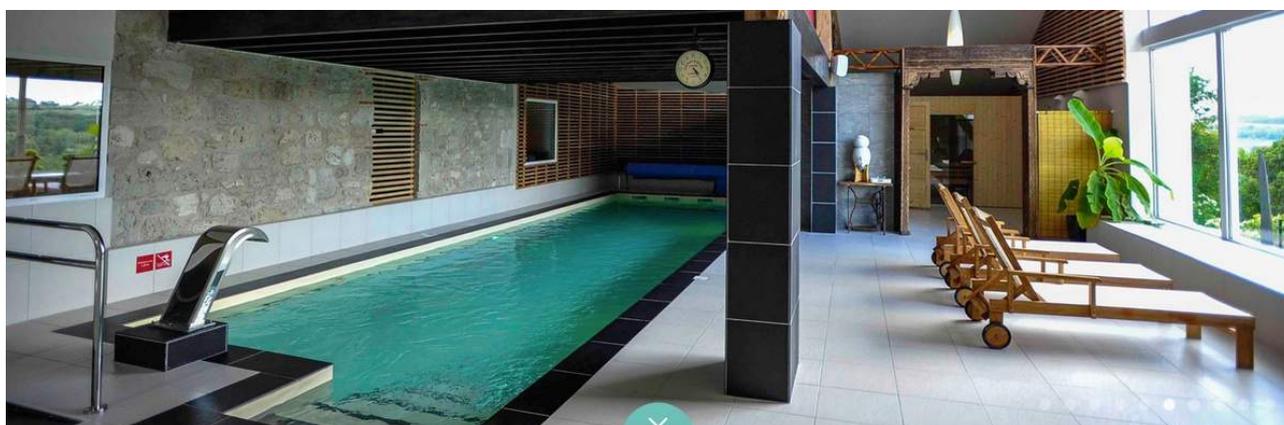




Information sheet on the seminar place of Aquatic Bodywaves in France

A seminar center with a SPA in South of France near Toulouse and Bordeaux. The place, in the middle of nature, invites to serenity, peace and rest ... The SPA area is reserved just for us during the seminar time.



In the center you will find :

- ✓ A private pool (3,5 X 11 X 1,20 m) with 35° C warm water
- ✓ A sauna and a hammam
- ✓ A yoga studio where we will have the « land» teaching

The workshops of Aquatic Bodywaves start on Thursday at 10.30 am (arrival at 10:00 or Wednesday evening) and end on Sunday evening around 17h. Prices on the website.

How is the eating?

We will have a private **cook** who prepares the food with local and biological vegetarian (lactose, glutenfree also possible) products for around **120€ for 4 days**.

Please inform us about your preference and your special diet when you register !

How is the lodging?

On the spot, in a guesthouse that can host 13 persons **40 metres from the SPA**. Including:

- a big and well equipped kitchen
- a living / dining room with several tables for the meals.
- rooms with single or double (160X200) beds for **40€** per person per night if you share the room or **70€** for a single person, triple for 30€ pp.
- 1 suite of 1 - 5 people for **100€** (costs to share)
- Each room has a shower and a WC



How to come?

The international airports of Toulouse and Bordeaux are 1h20, Paris in TGV 3h30.

In train : Until the train station of Agen, then shared taxi.

In car: with your own vehicle or a rented car (if shared, about 30€ / person for the whole stay)

In car sharing: between participants, with blablacar.fr



Manuela BLANCHARD : teacher, for registrations and questions.

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www.earthandwaterdance.com/aquatic-bodywaves.html (Price, content, etc.)