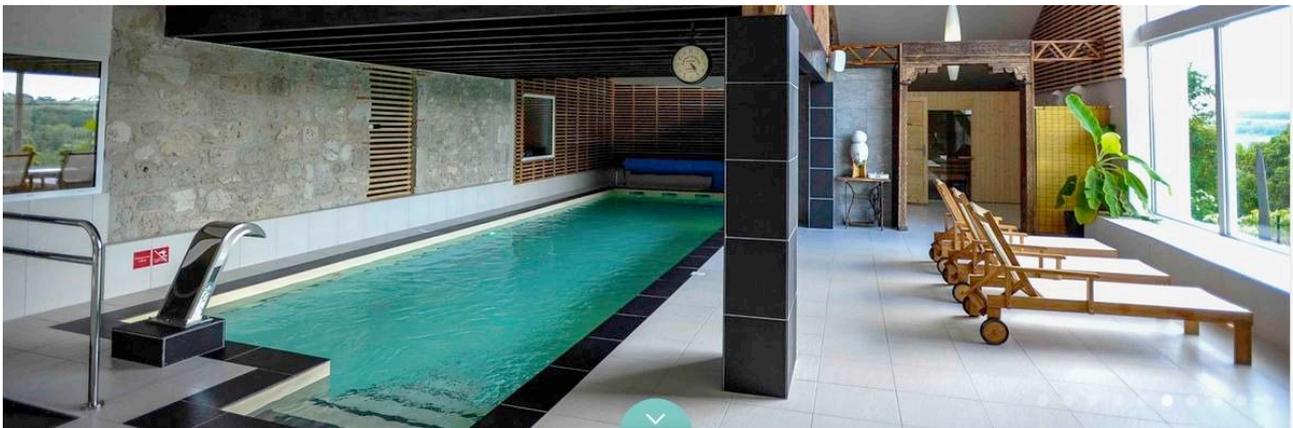


## Information sheet on the seminar place of Aquatic Bodywaves in France

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 Taster of Aquatic Bodywaves will start on Thursday February 8th at 11 am (arrival at 10:30) and will end on Sunday February 11th, 2018 around 17h. Prices on the website.**

### How is the eating?

**We have the possibility to hire a cook** who would prepare the food with local and biological vegetarian products. She can take care of different diets, in the range of her possibilities. **Price for 4 days: around 130€**

Another possibility is to **cook together** in the big kitchen and share the shopping costs. Of course this means a certain amount of time for shopping and cooking in small teams.

What do you prefer?

- to have the meals prepared by the cook
- to shop and cook by yourselves in small teams
- you are flexible

Please inform us about your preference 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.
- 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

**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



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[www.earthandwaterdance.com/aquatic-bodywaves.html](http://www.earthandwaterdance.com/aquatic-bodywaves.html) (Price, content, etc.)