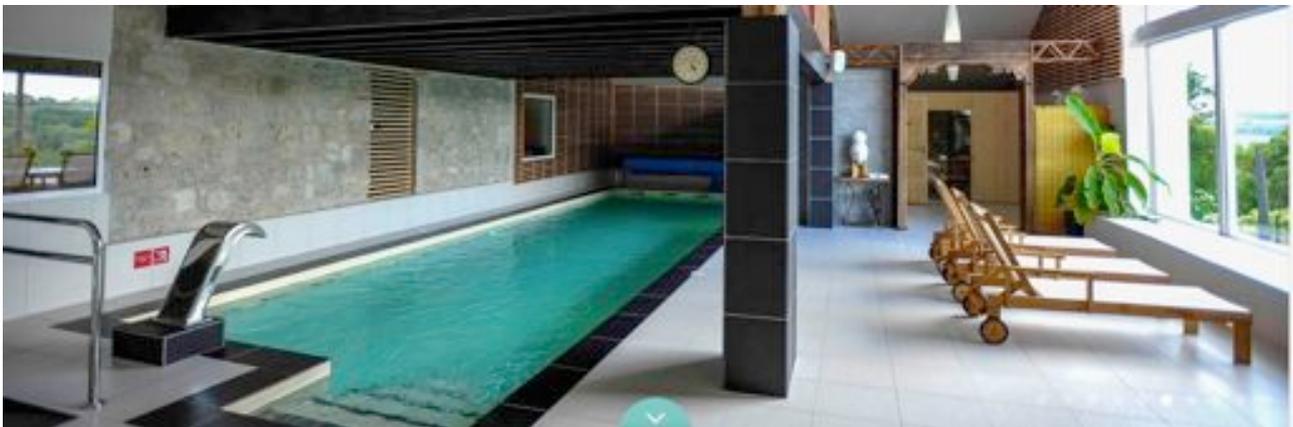




Information sheet on the seminar place of Aquatic Bodywaves in France

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 Friday March 16th at 11 am (arrival at 10:30) and will end on Monday March 19th, 2018 around 17h. Prices on the website.

How is the eating?

We will **cook together** in the big kitchen and share the shopping costs, at least for the breakfasts and lunches. And we have the **the possibility either to hire a cook** who would prepare the food with local and biological vegetarian products or to **order a meal for around 15€ per dinner**, so that we have one warm meal a day that is prepared for us.

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.
- 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



Manuela BLANCHARD : teacher, for registrations and questions.

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