

**« Aquatic Bodywaves » Taster
From Thursday 13. to Sunday 16. August
2020 near Sion (CH), infosheet**



Here are some details about the course, location, accommodation and the list of things to bring.

Schedule : The workshop will begin **Thursday 13th of August at 10:15 (arrival/registration/payment) – class starting at 11:00** and will end on **Sunday 16th of August around 16:30.**

Language : The workshop will be held in English/ French and completed in German when needed.

Pool price: 80 CHF for 4 days. Payment in cash, ATM 5 minutes by foot

Food : The cook will prepare us lunch and dinner for **110 CHF p.p./4 days** (mostly organic and local food, 2 cooked meals, one being lighter).

The workshop will be very intensive timewise, so we wish you to take all your meals with the group on the site for better logistics and to allow yourself a rest during the meal breaks (water jams are also scheduled after dinner).

Those arriving on Wednesday evening must notify us at least 4 days in advance to book the evening meal. We can use the pool and the SPA for free on that evening!

The breakfasts and snacks will be prepared by ourselves, please bring what you need with you (shops also nearby).

If you have lactose, gluten intolerance, bring your own special food with you and **please tell Steven 10 days in advance** so that the cook can adjust what is possible and **also tell him if you will eat Wednesday evening.**

Workshop Place : The centre is in Wallis/ Switzerland in the mountains. 10 minutes by car from Sion/ Siders train station :

Tinika
rue de Sonvillaz 11
1950 Sion/ Siders / Switzerland
+41 (0)78 804 87 10

>>>> www.tinika.ch



Accommodation: You can chose :



- Dormitory :
25 CHF /day/person
 - Double/Triple
room : 80 CHF/90 CHF/ day/
to share between 2-3 person
- Inform Steven asap please. Also
if you are flexible with your
choice.

Workshop price: see registration sheet. **Please send your signed sheet to me and the prepayment at the latest on Juli 23rd.** SEPA ebanking (per internet) or Transferwise are almost free of charge. **Be aware that the places are limited. And make the rest of the workshop payment on my bank account (without accommodation and pool) before the workshop starts.**

We will ask you to pay separately in cash or with credit card the accommodation + pool to the seminar center. We will also ask you to pay separately the food costs in cash.

IBAN: CH60 8148 8000 0051 4802 5 BIC/ SWIFT: RAIFCH22 Bank Clearing: 81488

Bank address: Raiffeisenbank, 3011 Bern, Switzerland

My name & adress: Manuela Blanchard, Schulweg 15, 3013 Bern, Switzerland

Please indicate all this. SEPA Bank transfer per internet are normally free of charges or use Transferwise.



ACCESS :

- ✓ **By car:** Coordonnées GPS:
GRIMISUAT Lat : 46.25 Long : 7.3833

Take the highway exit Sion Est, then follow the direction Grimisuat / Aynt. When you are in the village centre of Grimisuat,
after the church, you will find parking number 3 by the round about (see map).

Car sharing : we invite you to share with the groups about where and when you will pass by big cities and also in Sion, using therefore the group emails. Otherwise, check this website : www.blablacar.fr

- ✓ **Plane:** Nearest airport: Geneva
Other airport: Basel and Zürich
- ✓ **Train:** Sion (Siders in German) train station
- ✓ Then 10 minutes by car or by public bus (www.sbb.ch) from Sion train station.

From Sion train station, try the car shring or take the bus.... and please make appointments by yourself with the group.



TO BRING WITH YOU:

Enough comfortable and light clothes and shoes to move outdoors as well... according to the weather.

- Swimwear (two swimsuits and 2 bath towels are better! There is a sauna...). A diving mask or goggles are useful and water ear plugs if you have sensitive ears
- A bottle of water or a thermos
- Some special food if you have a special diet
- Something to take notes
- A nose clip and your floats if you have some. If not, nose clips will be for sale for 8 € and you can buy floats by Steven. If you have a set of floats or some to lend, please bring them with you to share with others, thanks!
- Take also some water ear plugs if your ears are sensitive. And also ear plugs for better sleeping if you share a room... ;-)

For further information, please contact us.

Schedule: a typical day takes place as follows:

- 8h: breakfast
- 9h30 to 13h: Aquatic Practice
- 13h to 16h: Lunch and break
- 16h to 18h: Practices on land
- 18h to 20h : Break and Dinner
- 20h15 to 22h30: Aquatic Practice (jam, dance)

The first day we will start in the water.

QUESTIONS – PLEASE READ THE WEBSITE FIRST ;-)

- Steven Titzé, my assistant and responsible for the pool, the places, the route, the lodging and cooking (please tell him 5 days in advance specific needs for food) : +41(0)78 804 87 10 et steven@titze.ch
- Manou for the content and workshop logistic: +41(0)79 641 91 19 manou.blanchard@bluewin.ch

www.earthandwaterdance.com/aquatic-bodywaves.html