
INFORMATION PACK FRANCE YOGA RETREAT

SEPTEMBER 24-29 2022

We are delighted to share more information with you on our 5 night break in the beautiful French countryside. Here you will find all the information you need about the accommodation and retreat.

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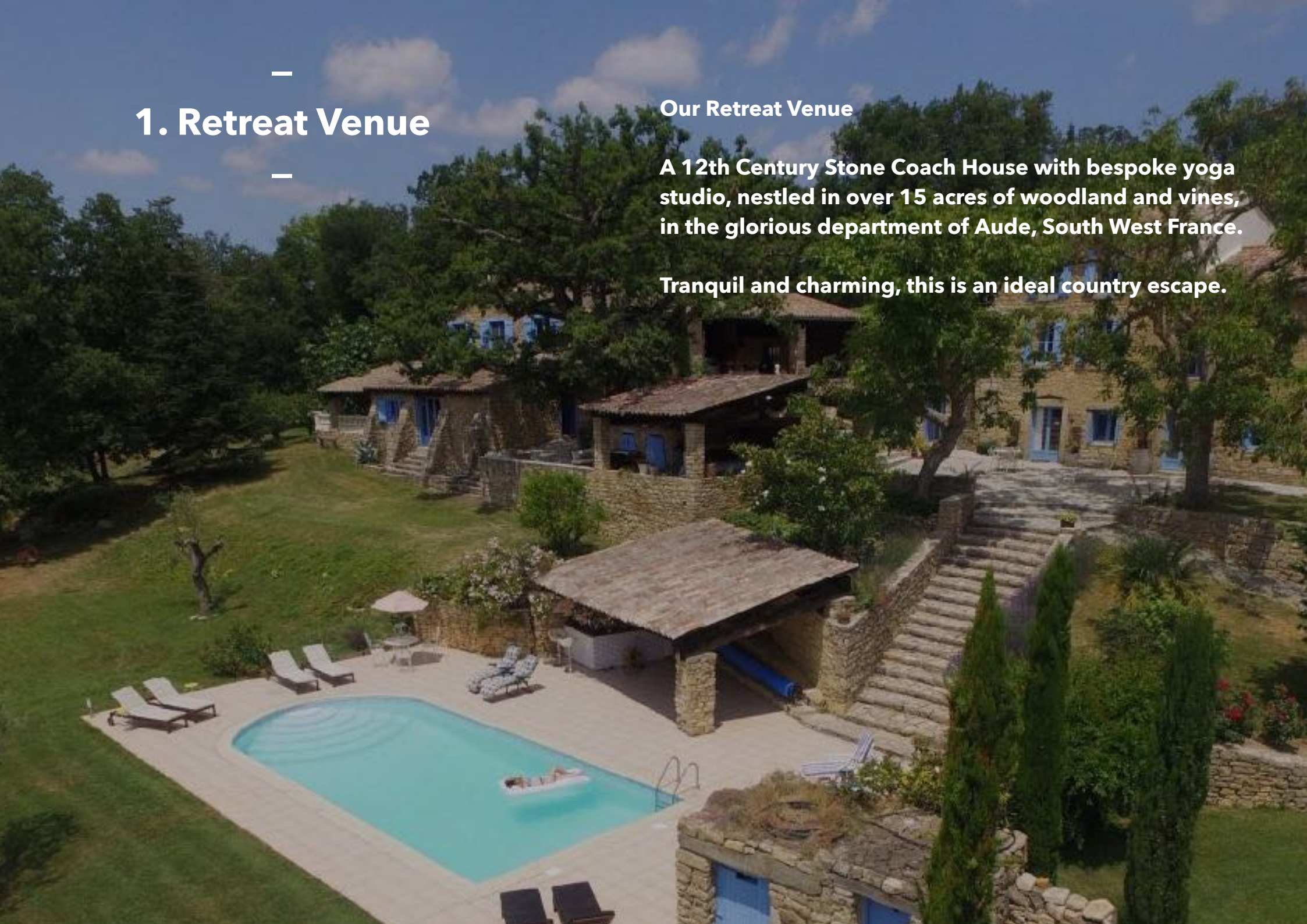


1. Retreat Venue

Our Retreat Venue

A 12th Century Stone Coach House with bespoke yoga studio, nestled in over 15 acres of woodland and vines, in the glorious department of Aude, South West France.

Tranquil and charming, this is an ideal country escape.





2. Bedrooms

HOME FROM HOME

All rooms have been recently renovated and boast en-suite accommodation. With either views of the mountains or the landscaped garden.



AUDE

A light & airy room with king sized bed and with a full sized bath in the en-suite.

Rooming Options:

Single occupancy - £1300

Shared King - £1050pp



MONT SEC

A bright en-suite room with beautiful views, one single bed and one double bed.

Rooming Options:

Single Bed - £975pp

Double Bed - £995pp



OCCITANIE

A large south facing en-suite room with beautiful views. Three single beds.

Rooming Options:

A triple room - £975pp



GALAMUS

A cosy room with en-suite, either arranged as two singles or a double bed.

Rooming Options:

Single occupancy - £1100

Twin or Double - £975pp



THE COURTYARD

A self contained studio apartment.

Rooming Options:

A triple room - £975pp

A double room - £995pp



THE BAKEHOUSE

A self contained studio apartment.

Rooming Options:

A triple room - £975pp

A double room - £995pp

An aerial photograph of a swimming pool with a person floating on a pink inflatable. Two patterned lounge chairs are on the tiled deck at the top of the frame. The text '3. What's on Offer' is overlaid on the top left of the image.

3. What's on Offer

What's on offer during our retreat

Alongside twice daily yoga & meditation classes with Katy & Chloë you can relax in the lush surroundings, take a dip in the pool or take a snooze in the hammocks.

Located in Southern France, very close to the Pyrenees mountains and the border with Spain. Benefiting from glorious sunshine most of the time, but still with green and lush vegetation. You can walk amongst the woodlands in the domaine, or walk up through the vineyards surrounding the property.

Food & drink

A delicious daily brunch, afternoon snack and generous dinner will be provided every day. Produce will be sourced locally where possible and all dietary requirements can be catered for.

Flights (please see final page for further info)

Flights are not included in the retreat cost. The nearest airport is Carcassonne which is 45 minutes away or Toulouse which is 90 minutes away.

N.B Transfers from Carcassonne are included. Transfers from Toulouse are at an extra cost.

4. Cancellation Policy

To reserve your place on the retreat a non-refundable deposit of £300 (or full cost of room) must be paid via bank transfer. If you wish to cancel your place on the retreat, we will be unable to issue a refund on your deposit, however any deposit may be used against another retreat with Katy + Chloë in the future*

Full payment must be made no later than 1 month prior to the start date of your retreat. Any cancellations made within 4 weeks of the retreat start date will not be eligible for a refund, and will be asked to pay for full rental of the room if not already paid. In the unfortunate event we are unable to fill each retreat with the minimum students required to run each retreat, ill health or any unforeseen circumstances, Katy + Chloë reserve the right to cancel the retreat no later than 2 weeks prior to the start date of each retreat, or to run the retreat with one teacher only. In the case that we need to cancel a retreat we will refund all deposits and payments you have paid. We cannot however compensate for any travel costs incurred. In the unlikely event that we must cancel a yoga retreat due to weather, natural disaster or political upheaval, we cannot guarantee a full refund. If you are travelling from abroad, to cover these risks, we highly recommend you purchase travel insurance.

* Retreat to be booked within a 24 month period of initial deposit being paid.

We really cannot wait to retreat with you. Please contact us if you have any questions!

Katy: katybatemanyoga@gmail.com

Chloe: chloefaulkneryoga@gmail.com

FLIGHTS & TRANSFERS

Traveling to Carcassonne

The closest airport to the Retreat Centre is Carcassonne (approx 45 mins).

The only London airline that travels to Carcassonne is Ryanair from London Stansted. The return transfer from Carcassonne is included in your retreat price.

Traveling to Toulouse

As we know some of you would prefer a shorter journey in the UK there are flights with EasyJet and BA from London Gatwick to Toulouse airport (approx 90 mins from retreat centre). The Transfer cost from Toulouse is quite high, last year it was £120 for a single trip. If you are considering traveling to Toulouse it may be cheaper to hire a car in Toulouse. Please feel free to discuss this with us once you have booked your retreat space and we will be happy to advise you.

SUGGESTED FLIGHTS

SATURDAY 24 SEPTEMBER - RYANAIR

London Stansted 14.35 - Arrive Carcassonne 17.30

THURSDAY 29 SEPTEMBER - RYANAIR

Carcassonne 16.15 - Arrive London Stansted 17.10