

Yoga in Bordeaux Information Sheet

Travel:

Fly into Paris. If you wanted to take the 2-hour train to Bordeaux, you would take it from Paris. If, however, you are planning on continuing your travel same-day from your arrival in Paris to Bordeaux, you will find it is easier and better likely to take a flight to Bordeaux. However, it is up to you. Many guests who spend extra time in Paris before or after their trip choose to train one of the ways; however, if they are not spending extra time in Paris and are flying out of Paris to another country, they generally fly to and from Bordeaux.

Airport Transportation

The Bordeaux (BOD) airport is a 25-30 minute drive from the villa. We can arrange a 7-Passenger Van with luggage for \$180 USD per trip, or a 4-Passenger Sedan with luggage for \$100 USD per trip. Please send lead passenger name, phone number, and arrival flight information if you would like us to arrange these services for you.

You can rent a variety of cars in Bordeaux Center City, Train Station, or Airport.

Local Activities & Experiences

Our guests' top-rated activities are private wine tasting picnics at the Chateau, private winery tours, and city tours of Saint-Emilion and Bordeaux City. We can also arrange excursions to Arcachon Bay and Dunes du Pilat, golf packages, on-site yoga classes, on-site massage therapies, on-site cooking classes, and more. Please arrange additional services at least 14-days prior to arrival to ensure availability.

Schedule

The schedule is subject to change based on participant's preferences and priorities. The included wine tour is open to group input and the schedule may be modified to accommodate participants (as a group) preferences.

Laundry Service

A washer and dryer is available for guest use on the third level.

Travel and medical Insurance

It is recommended that you secure both travel and medical insurance. **You are required to be fully vaccinated and provide proof of vaccination.**

Retreat Cancellation Policy

Register early to assure your place.

In the event this workshop is cancelled your payment will be refunded in full.

There is a non-refundable admin \$200 fee (included in registration price)

Withdrawal from the retreat: With notification less than eight weeks before the scheduled date you will forfeit 100% of your fee. Consideration given for special circumstances.

Informed Consent and Waiver of Liability – return this with your registration payment

I understand that yoga poses are physically intensive exercise and I voluntarily assume the risk inherent in my participation in this retreat, including the risk of injury, accident, death, loss, cost or damage to my person or property, and I release and indemnify organizers and teachers, Leigh Anne Milne from and against all such claims and liabilities, including medical and attorneys' fees from this date on. I have been advised to acquire travel medical insurance. I further attest that I am in sufficient health, and/or that I have consulted with a physician and I am able to undertake and engage in the physical movements and exercises in this workshop.

Name (print) _____

Signature _____

Date _____