

"It was a wonderful week! Amazing teachers, wonderful group, beautiful spot. I feel very privileged to have been a part of it!"

- ANNE
FOSSEMALLE

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*Les
Passeroses*

ACCOMMODATION
AND TRAVEL
INFORMATION

ROOMS AND OTHER FACILITIES

There are 5 single bedrooms at Les Passeroses, which will be allocated on a first come first served basis to those who request them. One single room could be used for a couple. The remainder of the accommodation is in twin bedded rooms, apart from one room which has three single beds. If you have agreed to share with anyone in particular, please let us know. All rooms have an en suite shower and toilet, apart from two rooms (one twin and one single) which share a bathroom. All of the bedrooms are furnished with top quality beds and bedding. Rooms are divided between the main house and the stables, about 2 minutes' walk up the lane. The stables rooms have their own shared lounge, kitchen and swimming pool, though, of course, those staying in the stables also have use of the lounge, kitchen, pool and deck at the main house.

Please note that, apart from hand soap, Les Passeroses does not provide toiletries – like us, they look askance at the amount of wastage and unnecessary plastic which providing toiletries involves, and ask that we each take with us what we need, preferably environmentally friendly products, as the 'grey water' from Les Passeroses drains to the nearby lake. Alternatively, there is a small selection of toiletries available for purchase at Les Passeroses. High quality super soft towels are provided, as is one pool towel each. The rooms are not 'serviced' on a daily basis – so it will be your responsibility to make your own bed and to keep your room tidy. However, your towels will be changed and your bathroom cleaned on Wednesday, and your toilet paper supplies kept well topped up. The guest lounge in the main house has a hi-fi, DVD player and small library, all of which you are welcome to use, though of course with consideration for others by keeping noise levels reasonable and returning used library books promptly.

The guest lounge in the main house has a hi-fi, DVD player and small library, all of which you are welcome to use, though of course with consideration for others by keeping noise levels reasonable and returning used library books promptly. The large oval swimming pool is surrounded by wooden decking and a tiled terrace, though it may not be warm enough to use it! There is a shady gazebo with panoramic view, a large garden to explore, and plenty of walking in the immediate vicinity, through a varied landscape of farmland, woodland and vineyards.



TRAVEL TO AND FROM LES PASSEROSSES

Travel is NOT included in the cost of the intensive. It is your responsibility to make your own travel arrangements to and from Les Passeroses. The easiest way to travel from London is by train to Angoulême, changing in Paris, Lille or Marne la Vallée (Eurodisney). In Paris, remember to allow enough time (we recommend at least 90 minutes) to cross from the Gare du Nord to the Gare Montparnasse; the other stations simply involve a change of platform.

Eurostar trains are generally bookable 6 months in advance, but the French leg of the journey will only be bookable 3 months in advance.



We recommend that you aim to arrive in Angoulême by no later than 16.30 on the first Saturday. The transfer from Angoulême station to Les Passeroses, which takes about half an hour, is included in the cost of the intensive, and will (subject to any train delays or timetable changes) leave Angoulême station at 16.30. The meeting point will be at the main entrance to the station, under the clockface – it is not a huge station, so look out for fellow travellers with yoga mats, or a group of lost looking people...

If you are arriving into Angoulême earlier, please either chill out at the station or, if you have time and energy, spend a little time exploring the city. If you are spending some time in Angoulême, you may leave luggage at the Hotel Terminus, opposite the station, for a small charge, if you explain that you are en route to Les Passeroses.

If you choose to fly, the nearest airport is Bordeaux, served by British Airways and EasyJet from Gatwick and by Ryanair from Stansted, and also from some regional UK cities.

On the final Saturday, transfers will be arranged from Les Passeroses to Angoulême station depending on train times, with the last transfer no later than 11.00.

Please note that transfers from anywhere other than Angoulême station, or at any other time from Angoulême, can be arranged, but may incur an extra charge. If you are travelling independently, e.g. by car, please do NOT arrive at Les Passeroses before 17.00, and please plan to leave on the final Saturday by no later than 11.00.

MATS, PROPS ETC.

Yoga mats and a decent supply of the usual props (blocks, straps, bolsters and blankets, though not eyebags) are supplied, though you are of course welcome to bring your own.



FOOD AND DRINK AT LES PASSEROSSES

All meals will be vegetarian. You will have the chance to tell us of any particular dietary requirements nearer the time. Les Passeroses endeavour to use local and home-grown produce as much as possible, and cook in a wide variety of styles. Much, if not all, of the home made food uses gluten free wheat substitutes for foods such as pastry. Bread is provided, but there will also be rice cakes. Soya milk/soya yoghurts are standard.

Breakfast will comprise fruit salad, muesli, natural yoghurt, and homemade bread/toast with jams. Lunch will be a substantial meal, usually with a soup or salad to start. Dinner will be a 3 course meal, but easier to digest to help sleep. Wine will be available (after all, we will be in France!!) - a good regional red, rosé or white at very reasonable prices for a large decanter.



Weather permitting, lunch and dinner will be served on the outdoor roofed and decked terrace, so please be prepared for cooler evenings. As good karma yogis, you will be asked to clear the table between courses and after meals. During the week, please do also remember to clear away any cups, glasses etc. which you use outside of meal times. Throughout the day, fresh and dried fruit is always available, as are hot and cold drinks in the guest kitchens. Chai and tiffin (Indian tea and a small cake or biscuit - sometimes chocolate!) is also served each afternoon.

COMMUNICATIONS

There is good mobile phone reception, but we would strongly prefer that phones are kept on 'silent' at Les Passeroses and request that, if you do need to use your phone, you do so away from others.

There is also wireless internet access in some, but not all, of the main house.

Please note that the speed is reasonable for 'normal' internet activities, but not good enough for Skype or such like. (We realise that sometimes it is impossible to stay away from the internet, but would also suggest that internet activity is kept to a minimum during the intensive.)

MASSAGE

Massage, with a local English massage therapist, will be available throughout the week. Please note that massages must be paid for in cash (in euros) directly to the massage therapist. Prices are reasonable (at least by London standards).

EXCURSION

There will be no session on Wednesday afternoon, and no dinner at Les Passeroses on Wednesday evening. Instead, we will have a group excursion to explore Angoulême, leaving Les Passeroses after lunch and returning after dinner. We can either dine together as a group, or split into smaller groups if people have different eating preferences. The cost of the excursion is included in the cost of the intensive, but Wednesday dinner is not.

