

Details for Workshop with Moeno Wakamatsu in SOUTH NORMANDY, FRANCE

CONTENTS

- I. Dates, Schedule, Fee
- II. Application Process
- III. Payment Methods and Refunding Policy
- IV. Additional Classes (optional) Feldenkrais Lessons
- V. Lodging Details
- VI. Meals
- VII. About the neighborhood (village, town, supermarket, cash machine, about internet)
- VIII. Address of Studio in Normandy & Transport Information by public transport:
Please read transport information before buying flight ticket. To use public transport for every section of the trip to our house, you must arrive in Paris Airport by 13:00 that day. For departure, your flight from Paris should be after 13:30 to allow time to arrive in Paris airport that day. Otherwise, you can depart the night before and stay one night in Paris.

I. Dates, Schedule, Fee

Arrival and Departure DATES:

- DATES of Arrival and Departure IF YOU ARE STAYING AT OUR HOUSE:

For summer dance workshops that starts Sunday, arrival day is 2 days prior to start of class, on Friday. For workshops with smaller group (usually non-summer workshops and Feldenkrais workshop) and Feldenkrais workshop, this can be more flexible as it is easier to organize when there are few people staying at the house.

Departure day is the day after last class or performance.

IF YOU ARE NOT STAYING AT OUR HOUSE, you can arrive in time for the first class.

SCHEDULE:

• TYPICAL SCHEDULE

- ARRIVAL DAY: Friday before start of class. Short meeting in the evening. (We hope you can arrive by 21:00. Please tell us in advance if you plan to arrive late night. There will be brief meeting at night. The reason we ask you to arrive Friday night is because you need time to settle in, and also we work together from the Saturday to organize, make food shopping, and cleaning.)
- SECOND DAY: Saturday, the following day after your arrival. Detailed meeting. Various organizing. Cleaning and food shopping.
- Classes: From Sunday to Thursday (except for Feldenkrais seminar, see dates)
- Friday and Saturday between the workshop weeks: Rest days for participants who are staying. Possible street performances. Optional. (details to be discussed) Distribution of flyers and posters for performances.
- DEPARTURE DAY: Friday or on Thursday after end of class: Last clean up must be done before your departure

FEE:

Food is not included in the workshop fee. Please see “Meals” for details. Accommodation is offered for utility contribution of 45 euros per week towards electricity, gas, water, maintenance. Please see “Lodging” for details. To stay only for group dinner and use of kitchen, the contribution is 20 euros per week.

Additional stays: 10 euros/ night

Workshop fees:

• **Early-bird price:**

Please allow several days for bank transfers, not to miss the early-bird deposit deadlines. We will look at date of arrival of your payment in our account as the day of your payment. If your deposit arrives in our account after Early-bird deadline, your fee will be at Regular Price.

• **Deposit amount:**

Please see each workshop fee for amount of deposit.

• Without deposit payment, we do not hold your place in the workshop. COVID situation exceptions apply.

• Please make early-bird deposit when you are sure to join the workshop. Deposit is NON REFUNDABLE on any condition once you make the payment. However, if

you cancel before the early-bird deadline date of workshop, only 50 euros is non-refundable, and the rest can be made credit for the next Normandy workshop upto one year. It expires after one year.

- Please note: If you pay full fee in advance, and you must cancel your coming, the same reimbursement policy as deposit policy and credit policy will apply to the whole amount you paid. We thank your understanding on this point: because of great inconveniences in the past of making return transfers, including communications and making trips to the bank, we have made this rule to discourage people from paying before being sure to participate.

- **Completing the rest of your payment upon arrival:**

Rest of payment you will make upon arrival, by the first day of class.

If paying full week price, full payment is made no later than the first class of the week. If not, regular daily workshop price will apply.

II. Application Process

Application steps:

1. Send completed application form by e-mail or by post.

We recommend you send application a week before deposit deadline to allow enough time for deposit payment before payment deadline.

By e-mail, send to: workshop@moeno.com

Write "Submission for Normandy Workshop" on the subject line.

If you do not receive answer that we received your application, please write us again. There is possibility that the mail was handled as SPAM.

By post, send to: Moeno WAKAMATSU
La Perrotiere
61400 Reveillon, FRANCE

- #### **3. Before making payment, please wait to receive confirmation.** We will send you confirmation of your participation when we receive your application. (If you don't receive response from us within 2 or 3 days, it means that your mail has gone to SPAM folder --- please try again, or send SMS to +33 (0)6 11 82 75 19. We always try to look through SPAM folders, but once in a while we miss an important mail.) When we accept your participation, we

will send you bank information necessary for payment transfer.

4. Make Deposit Payment. After you receive our confirmation about your participation:

Early Bird discount participants, please make deposit payment before the early-bird deadline.

Regular Price participants, please make deposit payment when you are ready to reserve your place.

We reserve your place in the workshop only after you make deposit payment.

4. Complete your payment when you arrive in Normandy.

Please make payment for each week of workshop by the first class of each week. Otherwise, regular daily workshop price will apply.

III. Payment Method

1. For payment by cheque, please make cheque that could be deposited in France. Write to the order of "Moeno Wakamatsu" and send to the address:

Moeno WAKAMATSU

La Perrotiere

61400 Reveillon, FRANCE

2. For bank transfers, we will send you bank information.

Bank fees must be added and paid by the participant.

3. Cash payment. Please note, closest ATM machine here is about 3 km away and closed on Sunday.

Reimbursement Policy:

1. In the unlikely event that workshop itself is cancelled: 100 % reimbursement

2. If participant cancels, the deposit payment is Non-Refundable. However, if participant cancels before the early-bird deadline date of workshop, only 50 euros is non-refundable, and the rest of the deposit can be saved as credit upto 1 year to be used for the next Normandy workshop with Moeno Wakamatsu. It expires after one year.

3. If you pay full fee in advance, and you must cancel your coming, the same policy as deposit payment applies to your whole payment. We thank your understanding on this point: because of great inconveniences in the past of making return transfers, including communications and making trips to the bank, we have made this rule to discourage people from paying without being sure to participate.

Refunding policy will apply to all cases including strikes. However, for sudden illness (with doctor diagnosis) and unexpected nationwide situations, we make credit or refund for your deposit. Any bank fees would be deducted for refunds. For situations that concerns everyone in many countries, we will try to reschedule the workshop or make refunds. **Because of many strikes in the recent years, I strongly recommend you to purchase a travel insurance (which is not so expensive) that will cover the cancellation and change of your flight or train.

IV. Additional Classes (Optional)

• FELDENKRAIS LESSONS

Some years, we offer additional Feldenkrais Lessons (group or private) upon request for low fee, during the period of the dance workshop. (Private Functional Integration Lesson is 35 euros for workshop participants. Group lesson depends on how many people join.)

For information on the Feldenkrais Method, you can view sites such as www.feldenkrais.com.

Moeno Wakamatsu is a certified practitioner and has been teaching the Feldenkrais method for 20 years.

V. Lodging Details

STAY AT OUR HOUSE

If you would like to stay at our house, you will be guests in the rooms of our private house next to the studio building. You will have roommates. Men and women will be in different rooms.

We ask for 45 euros per week utility contribution towards electricity, gas, water, maintenance. This contribution is the same if you stay in a tent in the garden.

Only kitchen use to join group dinners, no staying the night, will be 20 euros per week.

If you need additional nights of lodging, 10 euros/night. (Please ask in advance for availability of beds)

The house is quite old. There are private things in the rooms. You will be sharing the room with others. If you need more comfortable stay, you can take a hotel near the house.

-Laundry machine -- at the super market, and in town, there are places to do laundry.

- Mattresses and blankets and some pillows are available. But we recommend you bring sleeping bags. If no sleeping bag, bring sheets and blanket covers and pillow case. If you are particular about pillows, bring your own.
- We lend sheets and towels for contribution of one time 5 euros cost.

PRIVATE ROOM IN OUR HOUSE

We sometimes have private room available at our house for someone who wants to be alone, but this will be at extra cost of 15 euros/night. It is not always available.

HOTEL

Hotel stay for people who want more comfortable stay. Please look on Air B&B in the area.

CAMPING

For people who prefer to put a tent in the garden, it is possible. We recommend water-proof tents. Please notify us in advance so we know how many are staying in the house, and how many tents in the garden.

VISITORS

If you have visitors who are not participant of the workshop and wish to stay the night at our house: Please notify in advance. Visitors are allowed only on rest days except for exceptional reasons. If there is spare bed at our house and the other roommates agree, the visitor can stay in the house, or visitor can stay in tent in the garden. We ask for 10 euros/night per person for the stay.

VI. MEALS:

Meals (food shopping and cooking) are communally prepared. Participants make teams and take turns cooking. Cost is separate from fee. We try to keep the cost to around 6 to 7 euros / day, and this cost includes food and any other necessary items for living (i.e. toilette paper, garbage bags, cleaning products etc.) We collect the money (cash) at the meeting when you arrive.

VII. About the neighborhood (village, town, supermarket, cash machine, about internet, bicycles)

Our village, Reveillon, is a very small village with more animals than people. The village center is 800m from our house (15 minute walk through the countryside),

and it consists of one church and one cafe/bar.

The nearest town is Mortagne-au-Perche (10 minutes by car, 1.5 hour walking) with stores, restaurants, banks, post office, etc. It has become popular town for Parisians.

We have wi-fi internet at the house.

The nearest supermarket is about 5 minutes by car, 40 minute by walking. This is also the nearest cash machine.

Use of bicycle - you can use bicycles for free. But we make weekly checks on the bikes, and any punctures or repairs must be repaired or paid by the group. If someone in the group wishes not to be responsible for this, the group can decide who will ride the bikes and who does not.

VIII. Address of Studio in Normandy & Transport Information

Address:

La Perrotière
61400 Réveillon, FRANCE
+33 (0)6 11 82 75 19

The studio is located in South-Normandy region of France, 2.5 hours from Paris. We are 1.5 hour by car from the coast of Normandy.

Transport:

Please understand the following information before booking your flight ticket.

We will send everyone e-mail contact list of participants so you can communicate with each other to meet at train station or to share taxi.

Some information before the PUBLIC TRANSPORT guidelines:

1. The cheapest way to travel is by carshare: www.blablacar.fr
2. Another possibility if there are many people arriving at the same Paris airport on the same day, is if you contact one another and hire a big taxi from the taxi company we use (Mariette Taxi 02 33 25 07 08) — it is about 230 euros from Paris directly to the door of our house, and the big car can take 7 or 8 people. Big taxi must be reserved

some days in advance to be sure.

3. People from England — it might be most convenient to drive here if you have a car, and take the ferry to port of Dieppe.

The following is guide to more conventional public transports:

Direction to La Perrotiere by Public Transport:

Transport to our house from Paris Airport CDG or ORLY

1. Airport --> 2. Paris Montparnasse train station --> 3. Condé-sur-Huisne or Nogent le Rotrou or L'Aigle Station --> 4. Montagne-Au-Perche —> 5. Reveillon --> 6. La Perrotiere

PRICE (approximate, please check up-to-date price) is in BOLD PRINT

1-->2. From Airport to Paris Montparnasse train station

You can take either bus or RER train & metro.

OPTION 1:

By BUS DIRECT bus: Follow signs and ask where you can take the Bus Direct to Paris.

Take the line that goes to "Montparnasse". (There are other destination buses that go to Etoile and to Opera)

Get off at last stop La Gare Montparnasse.

OPTION 2:

By RER train & metro: Follow signs or ask for RER train station of the airport.

Depending on your terminal, you might have to take the free shuttle train to get to the RER train station.

Purchase ticket (and get a free metro map), and get on RER train to direction PARIS, Line B.

Transfer at Denfert Rochereau to Line 6, Direction Charles de Gaul Etoile (this is different from CDG airport!). Get off at Gare Montparnasse.

2--> 3. From Paris Montparnasse to Condé-sur-Huisne or Nogent-le-Rotrou by train

Train Schedule and Reserve: www.oui.sncf

You can also buy ticket at the train station.

Search train from Paris to Nogent-le-Rotrou. (You can also go to Condé-sur-Huisne, but there are less trains to Condé-sur-Huisne) or L'aigle. Nogent le Rotrou is a bigger town, one stop after Condé-sur-Huisne. Express trains do not stop at Condé-sur-Huisne. However, if you plan to take taxi to our house, it is cheaper from Condé-sur-Huisne than from Nogent-le-Rotrou.

L'agile is on a completely different train route.

Buy ticket at train station before boarding train. Make sure to compost the ticket before boarding.

3 --> 4 From Condé-sur-Huisne or Nogent le Rotrou or L'aigle train station to our house in Reveillon

OPTION 1: By bus

OPTION 2: By Taxi Very Expensive

OPTION 3: Hitch-hike

OPTION 1: BUS

• By bus: Ligne 60 (L'aigle) or 70(Nogent and Condé), CAPORNE bus.

Destination is Mortagne

Please note that the bus is very limited, so please carefully consult your train schedule from Paris to be able to catch the bus.

Bus ride duration: 45 minutes to 1 hour.

Ticket is 2 euros one way. Pay when you board the bus.

Bus Schedule

Search: "CAPORNE Ligne 70 (or Ligne 60)" to find the following links:

https://nemus.flers-agglo.fr/fileadmin/content/se_deplacer/cars/Ligne_70-2019.pdf

https://nemus.flers-agglo.fr/fileadmin/content/se_deplacer/cars/Ligne_60-2019.pdf

Destination "Mortagne-au-Perche"

There are only about 2 buses in the morning and 2 buses in the evening. Please check schedule.

Limited or No bus on weekends. Buses marked "TAD" needs 48 hour in advance reservation.

When you wait for the bus at Nogent, wait in front of the Station building. When you see a green and white bus comes that says "Mortagne", be ready to wave, in case driver doesn't stop.

Where to get off:

1. Go to Mortagne-au-Perche Rue Montcacune.

2. On Ligne 70: Some bus will stop at "ZI de Préfontaine" (juste avant Mortagne. Rondpoint de Aldi et Renault.) Tell the driver in advance. This is a new stop on Ligne 70. From this stop, it is about 40 minute walk to our house, or you can try to

hitch-hike.

Or, if you're confused, get off at Montagne-Au-Perche. Rue Montcacune. From here, call taxi MARIETTE 02 33 25 07 08 and come to Chez Iwana, La Perrotiere.

Taxi is about 10 euros.

OPTION 2: TAXI

- By taxi from Train station is quite expensive. About 50 euros from Condé, 80 euros from Nogent or L'aigle. More expensive in the nights and weekends.

There is no longer special reduction to our house from the taxi company.

You can also arrange in advance with other participants to meet at the same time, and share taxi. Large taxi can take 7 or 8 people, and it is same price for one taxi even if there are 8 people.

Reserve taxi once you know which train you are taking. They have limited number of cars, and they take about one hour to come to the train station. Especially for late night taxi, you must reserve long time in advance.

Taxi MARIETTE 02 33 25 07 08. Please note, they only speak French, usually no English.

OPTION 3: Hitch-Hike

- Hitch-hike: some people do it. But it takes time for people to stop. Ask for someone going toward Mortagne-au-Perche. Reveillon is a small village just before Mortagne.

Welcome to La Perrotiere.

****FOR YOUR DEPARTURE:**

For the departure after workshop, you could either take taxi with several people to the train station, or there is a bus. Early bus is around 6:45. Please check bus schedule.

Transport by car-share or hitch-hike:

You can look for car-shares from Paris to "Montagne-Au-Perche" on www.blablacar.fr

If you are someone who likes to hitch-hike, it is possible in France to do this — though legally you must have a ID card for hitch-hiking.