

Details for Workshop with Moeno Wakamatsu in SOUTH NORMANDY, FRANCE

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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 take taxi, hitch-hike, or stay the night in Paris.

I. Dates, Schedule, Fee, Lodging and Meals

DATES:

- DATES of Arrival and Departure for SUMMER workshops:

Arrival day is Friday before the start of workshop.

Arrival day for Second Week Only participant is Saturday, day before the first class of second week course.

Departure day is the day after end of last class.

- DATES of Arrival and Departure for SPRING or AUTUMN workshops:

Arrival day: Normally one day before the workshop starts. Participants will be notified.

Departure day is the day after end of last class.

SCHEDULE:

- **SUMMER SCHEDULE:** (For Spring and Autumn, participants will be notified)
- **ARRIVAL DAY:** Friday before start of workshop. 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, after dinner. We ask for your arrival Friday night, because 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.
- **Week One Classes:** From Sunday to Thursday
- **2 Rest Days after Week One Classes.** Friday and Saturday: Possible street performances. Optional. (details to be discussed) First Week only participant depart Friday. Second week only participant arrive Saturday.
- **Second Week Classes:** From Sunday to Thursday.
- **DEPARTURE DAY:** Friday after end of class: Clean up and departure

FEE:

Food is not included in the workshop fee. Accommodation is offered for free for people who wish to stay at our house.

- **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.

- **Regular price:**

Deadline for deposit payment of regular price is 7 days before the workshop.

- **Last Minute price:**

If you do not make deposit by deadline of 7 days before workshop, last minute late fee of 50 euros applies.

- **Deposit Amount:**

200 euros for 2 week participation (This means, 100 euros per each week to hold your place. If you change your participation later to 1 week, you will lose 50-euro non-refundable deposit for one week.)

100 euros for 1 week participation

- Without deposit payment, we do not hold your place in the workshop.

- Deposit is NON REFUNDABLE on any condition once you make the payment. However, if you cancel 6 weeks before the start of the workshop, only 50 euros is non-refundable, and the rest can be used as credit for the next Normandy workshop with Moeno Wakamatsu unto one year. It expires after one year.
- After deposit, you will complete your payment upon arrival. Please note: If you pay full fee in advance, and you must cancel your coming, we will not reimburse what you paid in advance. 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.

- **Rest of Payment Upon Arrival:**

Rest of payment you will make upon arrival, before the beginning of the class. If payment is late, there will be 50 euro late-fee.

LODGING:

If you need lodging for nights other than specified above: 6 euros/night. (Please ask in advance for availability of beds)

If you need private room or more proper lodging, there is a hotel nearby. Please see "V. Lodging Details". We also sometimes have one private room available at our house, but this will be at extra cost of 10 euros/night.

MEALS:

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

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, 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.) We will also 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 to arrive by regular price deadline.

After regular price deadline, price is "Last Minute Price", 50 euros higher than regular fee.

We hold place in the workshop only for participants who has made deposit payment.

4. Complete your payment when you arrive in Normandy. Please prepare the rest of your payment by cheque or cash. Please note that the closest cash machine from our house is about 3 km away, and closed on Sundays. It will be wise to prepare enough cash before arrival.

Payments, even late payments, must strictly be made before the first class.

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, please notify us when you send your application, and we will send you bank details for transfers.

Bank fees must be added and paid by the participant.

Reimbursement Policy:

1. In the unlikely event that workshop itself is cancelled: 100 % reimbursement
2. If participant cancels, Deposit payment is Non-Refundable. However, if participant cancels more than 6 weeks before the start 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, we will not reimburse what you paid in advance. 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 sudden illness, family incidents, strikes in their countries...etc. For disasters that concerns everyone, we try to reschedule the workshop or make refunds.

IV. Additional Classes (Optional)

• FELDENKRAIS LESSONS

Some years, we offer Feldenkrais Lessons (group or private) upon request for low fee after the dance workshop.

For information on the Feldenkrais Method, visit www.feldenkrais.com

Moeno Wakamatsu is a Guild-Certified practitioner and has been teaching the Feldenkrais method for 15 years.

V. Lodging Details

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.

It is an old house, and there are private things in the rooms. It is not luxury stay.

We do not ask for additional cost for your stay. If you need comfortable and proper 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 available, but please bring sheets or sleeping bag. If you are particular about pillows, bring your own.
- We lend sheets and towels for contribution of one time 5 euros cost.
- If you wish blankets to be washed before your arrival, we can wash them for 10 euros/blanket. You can request how many blankets and please ask at least 10 days before.

HOTEL

Hotel stay for people who want more comfortable stay:

There is hotel 15 minute walk from studio. About 35 euros/room with continental breakfast, 30 euros without breakfast. 2 person can stay. Also, a room is available at our neighbor's house 3 minutes away. Price can be negotiated. Please ask us in advance. Limited rooms available.

CAMPING

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

VISITORS

If you have visitors during training period: Please notify in advance. Visitors are allowed only on rest days except for exceptional reasons. If there is spare bed at our house, it is possible to stay for 8 euros/night per person. If camping on our property, 6 euros/night.

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

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 cafe/bar (owned by an English musician couple) hosts a jazz concert every Friday night.

The nearest town is Mortagne-au-Perche (5 minutes by car, 1.5 hour walking) with stores, restaurants, banks, post office, etc.

At our house, we ask for 2 euro one time contribution for entire workshop period (per person, not per computer/ portal device) for use of the wi-fi internet.

The nearest supermarket is about 2 minutes by car, 40 minute by walking. This is also the nearest cash machine.

Use of bicycle - we ask for 2 euro contribution per trip (except if the ride is for communal shopping for the workshop) to help with maintenance of the bikes.

VII. 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: Direction to La Perrotiere by Public 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 share taxi.

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 Station --> 4. Reveillon --> 5. La Perrotiere

PRICE is (approximate, please check up-to-date price) 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.

Ticket is about 17 euros one way.

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.

Ticket price is about 10 euros one way to central Paris.

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

Train (SNCF TER CENTRE)

Schedule website: www.voyages-sncf.com

[Search from Paris to Condé-sur-Huisne or from Paris to Nogent-le-Rotrou]

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.

Train ticket price is about 25 euros one way. Buy ticket at train station before boarding train.

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

OPTION 1: By bus

OPTION 2: By Taxi

OPTION 3: Hitch-hike

OPTION 1: BUS

• By bus: Ligne 70, CAPORNE bus. Destination is Mortagne

It stops at both Nogent-le-Rotrou and Condé-sur-Huisne. 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 is about 45 minutes from Condé, and about 1 hour from Nogent.

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

Bus Schedule

Go to: <http://transports.orne.fr/webhoraires/>

Destination "Mortagne-au-Perche"

Approximate bus times are (but please check for latest on the website above)

*When you arrive:

Fridays:

From Nogent, bus leaves at 19.10.

From Condé, bus leaves at 19.22.

Saturdays:

From Nogent, bus leaves at 13:42.

From Condé, bus leaves at 13:54

* When you depart our house: (destination Nogent)

Friday:

From stop near Reveillon at 6:52
 12:24
 17:30

(With the 6:45 bus, you could connect to the train to arrive in Paris Monparnasse station around 9:40.

With 12:15 bus, you will be in Paris around 15:40

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

Where to get off:

First choice: ask the driver if he could stop at "embranchement Reveillon".

Second choice: If he/she says no to stop at "embranchement Reveillon" , then go to the last stop "Mortagne".

From "embranchement Reveillon" (cross road to Reveillon) our house is about 20 minute walk in the direction of Reveillon).

From Mortagne, please call taxi MARIETTE 02 33 25 07 08 (this taxi will give you discount) and come to Chez Iwana, La Perrotiere. **Taxi Price is 10 euros. You can also hitch-hike. Ask for Reveillon near chateau d'eau. You can also walk, 1.5 hours.**

OPTION 2: TAXI

• By taxi:

From Condé to La Perrotiere (Chez IWANA), it is 35 euros. From Nogent, it is 47 euros. This price is by taxi company who gives us discount. Call taxi MARIETTE 02 33 25 07 08 (Other taxi will cost 80 to 90 euros)

(You can also arrange in advance with other participants to meet at the same time, and share taxi. Large taxi can take 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.

If you can't speak French, call Moeno's portable phone at +33 (0)6 11 82 75 19 and we'll call the taxi company for you.

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 6:45 (early morning) or at 12:15.

With the 6:45 bus, you could connect to the train to arrive in central Paris (Monparnasse station) around 9:40.

With 12:15 bus, you will be in Paris around 16:00 (15:34 to be exact, but french local trains are often delayed).

Transport by car-share or hitch-hike:

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