

# 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 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) this can be more flexible as it is easier to organize when there are few people staying at the house.

We always need cleaning and organizing help especially before the first week workshop. Your arrival will be appreciated.

Departure day is the day after last class or performance.

Extra days of stay in possible. Participation is 10 euros / night for extra stays.

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

## **SCHEDULE:**

### • TYPICAL SCHEDULE

One or two days before the start of class, we organize the living situation with the group who are staying at the house. We have meetings about the living at the house.

For this, it is recommended especially for the first-time participants to arrive 2 days before workshop.

Days of the class: normally we begin at 10 in the morning. We work 5.5 to 6.5 hours depending on the day. 30 minute or 1 hour lunch pause. We make adjustments according to the group.

## **FEE:**

Food is not included in the workshop fee or house contribution. Please see “Meals” for details.

For people who wish to stay at the house: We ask for contribution towards your presence at the house or garden — to stay inside the house or camp in the garden with tent or camp car. It will include electricity, gas, water, free WiFi and free Bicycle rental, annual house repairs and maintenance. For camp cars, there are also camp site nearby if you prefer.

Please look on page [www.moeno.com/dance\\_workshop\\_normandy.html](http://www.moeno.com/dance_workshop_normandy.html) for the contribution amount for each workshop.

More details on “Lodging” section.

To stay only for group dinner and use of kitchen but you sleep at home or hotel, the contribution is half of house contribution.

Please understand that the house contribution is not for renting the room, but contribution for your presence at the house and garden. You are guests at a private home.

Additional stays or for visitors who are not fully participating in the workshop (example, you come with your partner): 10 euros/ night

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### Workshop fees:

Please look at fee details for each workshop. Summer workshop rules might be different from other workshops, as there are more participants in the summer and workshop becomes full.

Usually in the summer, there are deposit rules to reserve your place and to receive reductions.

- **Reduction price:**

Please see each workshop details on page  
[www.moeno.com/dance\\_workshop\\_normandy.html](http://www.moeno.com/dance_workshop_normandy.html)  
Reductions are usually in the summer workshops.

- **Deposit amount:**

Please see each workshop details for amount of deposit. Some workshops do not require deposits.

We prefer that you only pay the required deposit in advance. If you pay the full amount prior to your arrival and you cancel, we cannot reimburse your payment. We had several times bank transactions that were very complicated for reimbursement, so we had changed our policy. Thank you for understanding. Please pay the full fee when you are sure of your presence.

- **Payments for workshop:** Please note: Except for necessary deposits, you can pay the workshop fee when you arrive. You can pay daily if you are taking individual classes. For workshop that requires deposit for reservation (usually summer workshops), we ask that you pay full price for the week by the 2nd day of class. From the third day, there will be 10 euros late fee for each day late.

- **Mode of payment:**

You can pay by cash, cheque in France, or bank transfer. We do not accept PayPal or credit card payments.

## II. Application Process

### Application steps:

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

It may take several days to review your application.

By e-mail, send to: [moeno.wakamatsu@gmail.com](mailto:moeno.wakamatsu@gmail.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:

If the workshop requires deposit to reserve, please send your deposit amount. We will send bank information for people paying by bank transfer. For some workshops that require deposits, we reserve your place in the workshop only after you make deposit payment.

**4. Complete your payment when you arrive in Normandy.**

### **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. For workshops that require deposits: If participant cancels, the deposit payment is Non-refundable, Non-transferable, Non-changeable. For example, if you reserve and pay deposit for Week 1, and later you would like to cancel Week 1 and take Week 2, you will lose your first deposit. There is usually no limit of date when to make deposit to reserve your place — as long as there are still places. We recommend you make deposit when you are really sure
3. If you pay full fee in advance, and you must cancel your coming, we cannot

reimburse, but we can transfer your payment (except non-refundable deposit) to another workshop within one year. 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 making full payment without being sure to participate.

\*\*Refunding policy will apply to all cases including covid, family situations, and strikes. Remember, you do not have to make payment in advance. Make reservation when you are sure. For unexpected serious illness we make refunds upon request. For nationwide situations, we will discuss and try to reschedule the workshop or make refunds. **Because of many unexpected situations, I strongly recommend you to purchase a travel insurance 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, 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](http://www.feldenkrais.com).

Moeno Wakamatsu is a certified practitioner and has been teaching the Feldenkrais method for over 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. It is an old house, there are many things in the house. If you would like proper modern comfortable accommodation, please take a hotel nearby.

You will have roommates. Men and women will be in different rooms, unless some people are ok to have mixed rooms.

We ask contribution for your stay. Please look on page [www.moeno.com/dance\\_workshop\\_normandy.html](http://www.moeno.com/dance_workshop_normandy.html) for the contribution amount for each workshop. Contribution amount is same to stay inside the house or camp in the garden with tent

or camp car. The contribution is not for rental of a bedroom in the house, but for your general presence at the house or garden. It will help towards electricity, gas, water, annual repairs and maintenance in the house and garden. You can use free WiFi and use bicycles.

For camp cars, there are also camp site nearby if you prefer.

If you are not sleeping at our place, but is using kitchen and garden with the others for dinner, contribution will be half of amount for people who sleep at the house.

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

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-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, please bring sheets and blanket covers and pillow case. If you are particular about pillows, bring your own. It is forbidden to use the mattress or blankets directly without sheets or some kind of protection cover.

- We lend sheets and towels for contribution of one time 5 euros cost, if you cannot bring your own.

### 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 Airb&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. House contribution is same if you are sleeping outside 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 ask 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. 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 or house contribution. We try to keep the cost to around 5 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) 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. However, in this region, internet is very slow. If you need large data transfer for your work, please bring your own internet access. When one person begin to transfer large data, no one else can use the internet.

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.

Google Map Link: <https://goo.gl/maps/i5ZmC9nHJ3gQPNm89>

## **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](http://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 250 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.

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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

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

You can take either LeBusDirect or RER train & metro, or taxi.

#### 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.

Website: <http://www.e-lebusdirect.com/>

### 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 or L'aigle by train**

Train Schedule and Reserve: [sncf-connect.com/](http://sncf-connect.com/)

Reserve online to find promo prices.

Paris to Nogent-le-Rotrou and Condé-sur-Huisne is on the same train line. There are less trains that stop at Condé-sur-Huisne. 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. You can also buy online for better prices.**

### **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 the bus schedule before you book your train schedule from Paris.

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 schedule links. Links change each year.

You can ask us if you cannot find. We will send you the links.

### Bus Destination "Mortagne-au-Perche"

There are only about 2 buses in the morning and 2 buses in the evening. Please check schedule. There is a mid-day from L'aigle.

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

Bus stop is right outside the train stations. Please look for the signs. Please make sure the driver sees you, so he stops.

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 directly 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.

**IF YOU NEED TO BE PICKED UP FROM MORTAGNE-AU-PERCHE, it is possible that there is another participant who has already arrived with car. We can ask. Please contribute few euros for the gasoline and their time, as fuel prices are quite high. Send email to [moeno.wakamatsu@gmail.com](mailto:moeno.wakamatsu@gmail.com) or SMS to +33 06 11 82 75 19. Email is preferred. We do not have good phone signal at the house, so SMS can take long time to be noticed.**

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.

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### **Transport by car-share or hitch-hike:**

You can look for car-shares from Paris to “Montagne-Au-Perche” (closest common location is “St.Hilaire-le-Chatel” on [www.blablacar.fr](http://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.