

YOGA IN FRANCE 2016

::: Chateau du Pin :::

July 18-24, 2016

F A Q S

Getting There

Chateau du Pin is located outside the tiny village of Champtoce-sur-Loire, 1/2 hour car ride (16 miles) from the city of Angers in the province of Anjou. Angers is 3hrs (approx. 186 miles) from Paris by car and 1 1/2 hours by TGV train out of Montparnasse station. It is 2 1/2 hours by TGV from CDG airport. Please find further details at the end of this sheet.

If you would like a travel agent, we can highly recommend working with Louanne Warren of Maupin Travel, Chapel Hill, NC: 919-967-8888, Lwarren@maupintravel.com She has worked for many years helping people travel to Chateau du Pin with air, train, rental car, and insurance.

**We highly recommend purchasing travel insurance. Louanne can help you with this.
Please see Registration form**

Arrival

If you are flying directly to France to participate in this workshop, we recommend that you fly to Paris and travel TGV train to Angers, arriving at least the day before the workshop begins. There are many nice reasonably priced hotels in Angers from which to choose. On Monday, July 18th, we can pick you up at Angers train station or you can pick up a rental car at the train station. Europe Car, Hertz, Avis are all represented at Angers-St Laud train station. Car rental is closed on Sundays.

Arrival to chateau, Monday, July 18th
light dinner fare will be provided

Yoga begins Tues morning, July 19th

Closing dinner Saturday July 23rd

Departure

Rooms must be cleared by 9am on the Sunday 24th, but luggage can be put downstairs if you would like to remain awhile longer, relaxing, finishing breakfast, walking the grounds, journaling, If you care to stay in the area we can suggest local B&B's, Angers Hotels or you can catch a train to Paris. For those without a rental car, we can help you get to the Angers train station if needed.

What to bring

in general: this is a casual workshop so we suggest keeping your packing simple and light.

Comfortable, easy summer casual wear that can be dressed down - or up if you choose.

sandals, hiking shoes, sweater/light jacket for evening, Camera, flashlight, journal, sunscreen

for Yoga: comfortable clothing that 'moves' with you, a yoga mat (light weight travel mat suggested), strap (if you have one).

**We strongly recommend traveling with only a carry on bag
to avoid the confusion of possible lost luggage.**

Food

- **Breakfast:** continental style offered daily @ 8a - coffee, tea, juice, fresh croissant, fruit, yoghurt, eggs, cereal, toast.

- **Lunch:** lunch is on your own. The evening meals will be ample and you are welcome to take what you like to save for lunch. The Chateau pantry has a small frig and cupboards for storage convenience.
- **Dinner:** Family style. meals are based on the local cuisine & wine of the Loire Valley.

Housing

There are 6 spacious bedrooms, each uniquely furnished. Couples will have priority in terms of rooms with king beds but in general we try our best to accommodate people with rooms that best fit their needs.

Internet

WiFi is accessible in several of the rooms and parts of the garden. The password will be provided upon your arrival. Sometimes the connection can be a bit spotty.

Telephone

A telephone is available for local calls in the Petit Salon. A calling or credit card is necessary to make long-distance or international calls.

Laundry

There is a small washer for personal laundry in the small room midway up the stairs.

Wine

For those who are interested, Chateau du Pin wine is available for purchase – approximately E5.00 per bottle and can be brought up from the cellar daily.

TRAVELING TO CHATEAU DU PIN

By Car

From Paris (322 kilometers; about 200 miles): Take the Autoroute A-10 to the west. Take A-11 when it divides and head toward Chartres, Le Mans and Nantes. About 18 km (15 miles) beyond Angers, take the exit (Sortie 19) marked "Beaupréau". After the exit, pay the 1.10 € toll at St. Germain des Pres. Pass straight through the roundabout, onto small paved road marked by directional signs for "Jardins du Chateau du Pin". Follow the signs to the chateau.
From Nantes (60 kilometers, about 40 miles): Take A-11 towards Angers/Paris. There will be a 7.50 € toll in Ancenis. Take the exit (Sortie 19 marked "Chalonne"). After the exit, pass straight through the roundabout onto a small paved road marked by directional signs for "Jardins du Chateau du Pin". Follow the signs to the chateau.

By Train

Train service on the French railway (SNCF) is available to Angers from throughout France. The TGV fast train takes about 90 minutes from the Montparnasse station in Paris to Angers and 2 hours from Charles de Gaulle airport (CDG) Terminal 2F. There are hourly trains from Montparnasse and roughly four trains from CDG per day. TGV service requires reservations that can be procured at the station or on-line at www.tgv.com along with up to date timetables. The website has timetables and reservations from other cities as well.
There is local train service (TER service) to Champocé that runs between Angers and Nantes. There are usually four trains a day in both directions. For an on-line schedule visit: http://www.ter-sncf.com/pays_de_la_loire/V2/carte_horaires/index.asp. Choose "04 Angers - Nantes" in the drop-down menu to see the timetable. There is a telephone at the Champocé train station, but no taxi service.