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**Additional information for the retreat**

**You will need to be at Albi- Ville train station by 4pm** **on Saturday June 28 ,** for the pick up by minivan to go to the retreat center. We will have dinner there.

**The retreat will finish after Breakfast on Saturday July 5 th.** **We will drive** **back to the train station in Albi where we will arrive by 11:45am (on time for the noon trains on Saturday July 5th).**

**Hotels in Toulouse:**

Hotel Occitania (3\*very good near the train station), Hotel d’Orsay (seems nice with Garden)

Center of town: Hotel Ours Blanc Wilson, Hotel Royal Wilson

**Hotels In Albi :**

Center of town: Hotel Saint Clair (with inner garden in the old part of town) Hotel le Viel Albi

Near the train station: Hotel D’Orleans (3\*), Hotel Ibis

Albi is a wonderful city to hang out and rest for a few days before the retreat. It is better to stay close to the old city if you are planning to spend a few days in Albi

Near Albi (30-45 minutes by bus) you can visit **Cordes sur Ciel**, high on the edge of a cliff which is one of the most beautiful village in France. If you decide to spend a night in Cordes I recommend staying at Hostellerie du Vieux Cordes in the center of the old town. Cordes is worth spending a night or 2 if you have time.

**About the trains**: It is advisable to book your train ticket for Paris to Albi Ville or Paris to Toulouse in advance through the **SNCF** website or with **Euro Rail** (in English).

**Toulouse-Albi Ville:** takes about 1h15 by Train operated by SNCF. No reservation for this segment.

**Paris- Albi Ville (via Toulouse):** takes about 7h Reservations is required on the TGV part to Toulouse

**Paris- Toulouse:** takes about 5h30 TGV Reservations is required

**What to bring**: Yoga clothes, light summer clothes, a warm sweater or sweatshirt (nights and mornings can be cool as well as the Yoga studio for the morning classes), a light rain jacket, sun lotion, sun hat, a light microfiber towel (for the pool & canoeing), a swimming suit, good light hiking shoes (for hiking on small roads and on rocky trails) and a small light day pack / hiking pack.

Weather permitting, we are planning to do a canoe float trip on the Tarn river so bring a pair of water shoes or water sandals. (This is required by the company renting the canoes).

If you are planning to travel before or after the retreat you may want to bring a light travel mat, a small foam block and 2 belts. You do not need to bring any props for the retreat.

**Cell phones**: you should be able to text, call or receive calls if needed from your US phone. You may want to check with your phone company to make arrangements for international calling and roaming so you can at least receive and send text messages.

**Internet :** We will have internet access at the center but reception is not always good…