



UPDATED FOR | 2024

# The French Retreat

EVERYTHING YOU NEED TO KNOW ABOUT RUNNING A RETREAT HERE

## FACILITATOR PACK

- What we offer, what you get and what it costs
- Facilities, Bedrooms, Food, Travel info, Local Area

## Key Points



We offer fully catered, sole occupancy hosting for 8-22 guests

The French Retreat is a former Cognac making estate comprising a manor house and a vast converted barn surrounding a walled courtyard. There is an indoor 70m2 yoga studio, an outdoor South East facing 70m2 yoga deck, 10mx5m swimming pool, 11 bedrooms, 10 bathrooms, 3 furnished bell tents with their own bathroom, a large dining room, a covered outdoor dining area and salon.

En suite bedrooms



La Grange (French for 'The Barn') contains 6 en-suite bedrooms and the group space. You can find a floor plan [here](#). The bedrooms can accommodate up to 12 people sharing. The bedrooms are arranged on two floors. Upstairs bedrooms are all twins, each very different in style all with a deep oak window seats. Downstairs there currently is one double room (pictured), one twin room and one 'family room', ie a double and a single bed, and

all have French doors onto a patio. However all accommodation is flexible and we will move beds in and out to give you the preferred arrangement.

The Manor House has another 5 guest bedrooms. On the first floor is an en-suite double bedroom and two large twin rooms which share a large bathroom.

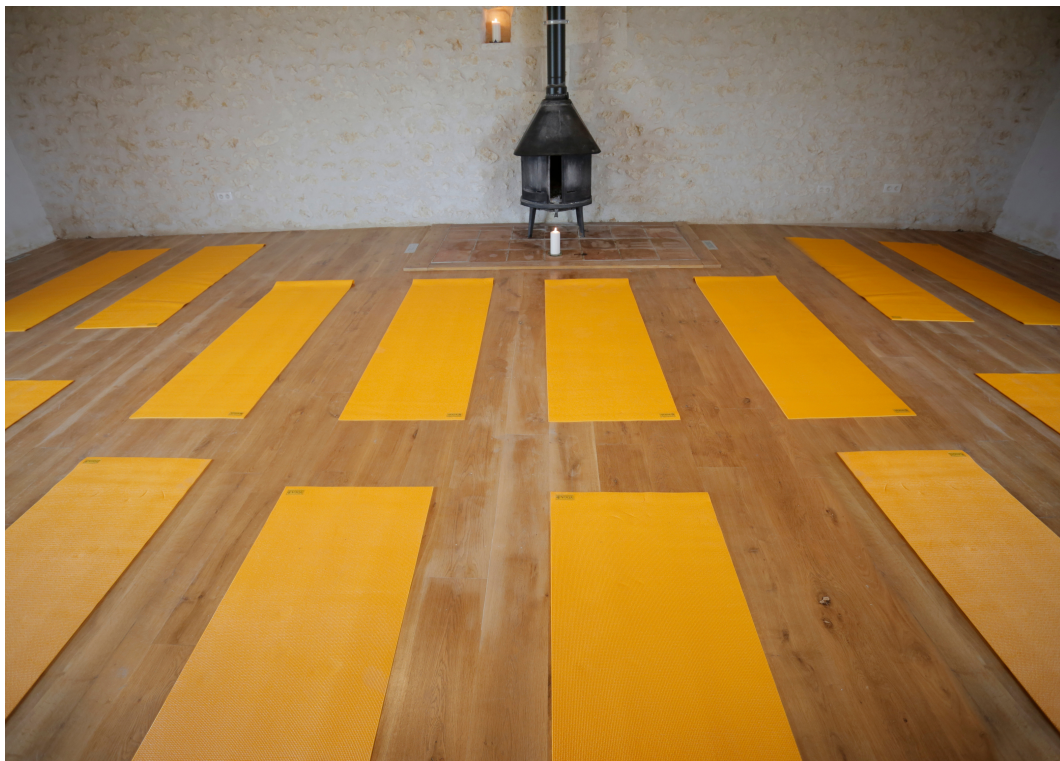


In the attic are two further bedrooms (one is a triple room, the other has a super king size bed), a shower room, plus a second separate toilet



## The Retreat Space

The barn contains a 70m<sup>2</sup> oak floored studio room, which can be laid out to suit you. It contains 22 chairs (pictured) 18 yoga mats, 12 Pilates mats, 12 bolsters, and lots blocks, bricks, blankets and straps.



Plus a 70m2 outdoor yoga deck facing the rising sun



And a salon which can be used for more intimate break out space, meditation or massage



## Rates

The good news is we don't charge you a flat rate for sole occupancy of The French Retreat. We charge you per person per night (pppn). You decide what you charge your guests and whether they are in an en-suite bedroom or single occupancy, it's all the same to us. Our price is £125 pppn. Read on for the details of what you get.

- The price includes accommodation, three meals per day, refreshments (tea, coffee, fruit and biscuits all day), sole use of The French Retreat and all the facilities (eg pool, yoga equipment, bikes, wifi etc)
- Minimum 8 people, with single occupancy bedrooms at no extra charge if space permits, up to 10 guests, then sharing.
- Free facilitator place per 8 guests.
- Beds made up with Egyptian cotton sheets.
- Towel bundle to include bath towel, pool towel (when pool is open), hand towel, flannel. Fresh towels midweek for retreats of 5 days or over.
- Luxury (eg Faith in Nature Vegan/Cruelty Free or Organic) shampoo, conditioner and shower gel in showers.
- Bathrooms cleaned daily & studio swept and mopped.
- Fresh flowers in studio
- Shopping, running errands for your guests and handling all their requests
- Co-ordinating/booking airport transfers with your guests (payment remains with them or you, but we guarantee to source English speaking drivers at much lower prices than airport taxis)
- Free pick up and drop from Chalais train station.
- Welcome apéritif on the first evening.



# Location and Travel



**The French Retreat, 11-17 Route de la Loge, 16210 Yviers, Nouvelle Aquitaine, France**

## Getting Here

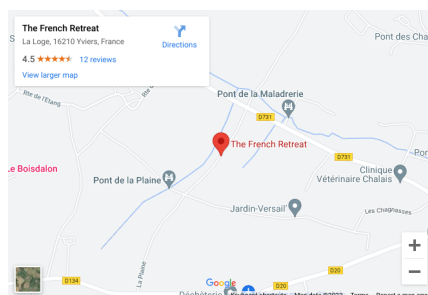
### Trains

Our nearest station is Chalais and we support all rail travellers with free transfers from Chalais train station to the French Retreat. Our nearest TGV stop is Angouleme. Angouleme is on a TGV line between Paris and Lille to the north (we are a high speed two hour journey from Paris) and Bordeaux to the south. You can take a direct local train to Chalais from Angouleme or Bordeaux.

### Planes

The French Retreat is accessible from Bordeaux Merignac (75mins) and Bergerac airport (85 mins). British Airways fly from Gatwick to Bordeaux daily. EasyJet have irregular Bristol-Bordeaux, Luton-Bordeaux flights and daily Gatwick-Bordeaux flights. RyanAir fly from Stanstead-Bergerac/Bordeaux. Prices can be cheaper if you fly midweek and add a few days to your stay.

### Automobiles:



### Transfers:

We can book a shuttle service from Bordeaux airport. A English-speaking minicab is from €160. Airport taxis are upward of €300, Uber is much better value.

Public transport: There is an airport shuttle bus from Bordeaux airport to Bordeaux St John station, priced €8 which takes half an hour (timetable here: <https://30direct.com/horaires/>) or a public bus, Line 1, which takes an hour and costs €2. Trains from Bordeaux St John station to Chalais is on a direct line, but there are only 2 or 3 a day. They cost £15.26 and tickets can be purchased on the trainline app.

# Food



**Sample menus, special diets etc**

We love our food at The French Retreat and aim to provide you with memorable meals. As award-winning restaurateurs our standards are high and we take pleasure in creating original menus using the most delicious local ingredients available.

Meals are served 'family style'. You help yourself from a buffet in the open plan kitchen dining room

## Sample Menus

**Breakfast:** cereal, yoghourts, homemade seed bread, baguette, brioche, and jams, boiled eggs, regular and dairy free milk. Daily options including smoked salmon and scrambled eggs; avocado on toast; berry compote with fromage fraise, apple bircher; porridge with sliced banana, toasted nuts and seeds; pancakes with maple syrup.



## Sample Lunch:

Leek and goat's cheese tart; quinoa, beetroot & french bean salad; potato salad, green salad

Roasted vegetables with cous cous; chicory, pear, walnut and blue cheese salad,

Protein salads such as: Chicken Caesar, Tuna Niçoise or Greek Salad with bread and side dishes such as Lentil and walnut salad, Asian salad with avocado, sweetcorn, cherry tomato, rice and soy lime dressing,



**Sample Dinner: Starter, main course, side dish and dessert including meat or vegan options if requested.**

Hummus, crudité, flatbreads.

Chicken and Lemon Tagine, mint taboulé,

Pudding: Chocolate Brownie with Crème fraiche

Tricolore salad (avocado, tomato, mozzarella)

Lasagne, garlic bread, green salad;

Pudding: Eton mess

Papodums and mango chutney

Sweet potato, chick pea and spinach curry, dhal, cucumber raita, basmati rice,

Pudding: Cinnamon Apple Crumble with ice cream

**Breaks:** In group room kitchenette: Premium Herb teas (eg Pukka); organic 'Clipper' Tea and Earl Grey, decaf Earl Grey, Ground coffee and decaf coffee, unlimited fruit bowl and biscuits; milk and dairy free 'milk'.

**Special diets** eg gluten free, dairy free, FODMAP, vegan are charged at £12 per person per day. This is for the price of special ingredients (some of which we need to import) and to cover the cost of the cook preparing separate meals.

## Next steps



### How do I book?

Firstly book a time to discuss your plans with Emma [here](#). We then agree on the dates you would like to be blocked out for you.

You then have six weeks to gauge the interest in your retreat, and take some early bird bookings.

Six weeks after agreeing dates you pay a deposit of 25% of the booking price of room and board for eight people. On 1st January of the year of your retreat another 25% is due.

Two months before the retreat's start date you confirm the number of clients that have been booked and the final invoice is due. You can add people after that point if you have last minute bookings of course.