

Updated 24/03/2023

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 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:

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

IF YOU ARE STAYING AT OUR HOUSE:

We usually ask the people who have already been at the house before, to come early the day before (or 2 days before) to help with preparation of the house. Your help will be appreciated. If it is the first time, it is better you arrive earlier in the day, not at night, so you have time to settle and prepare where you will sleep.

- Departure: People depart at the end of the last day or the next day. The last cleaning must be done before your departure. Cleaning is your responsibility.

SCHEDULE:

- TYPICAL SCHEDULE

One or two days before the start of class, people arrive and we organize the living situation with the group who are staying at the house. We will have an orientation meeting with a tour of the house. The meeting time will be communicated to the participants, and it is obligatory.

Class starts 9 or 10 in the morning. We take lunch pause. We decide the time with the group on the first day.

FEE:

Food and house stay costs are **NOT** included in the workshop fee (because not everyone is staying at the house). You will pay when you arrive. Please see “Meals” and “Lodging” sections for details.

Workshop fees:

Please look at fee details for each workshop application for information such as Reduction Price, Deposit Amount.

Summer workshop rules might be different from other workshops, as there are more participants in the summer and workshops become full.

- **Full Payments for workshop:** Full payment is due on your first day of class. At the latest, we complete accounts by your second day of class. You can pay daily if you are taking individual classes, but you will not benefit from reduced fee. You will pay individual class price applies even if you end up taking many days of workshop. All payment is due on the last day of class.

- **Mode of payment:**

Please follow instruction on Application Form of workshop you are attending.. There may be online payment set up for certain workshops.

II. Application Process

Application steps:

1. **Complete online application (inscription) form.**

We will respond within 2-3 days when you submit application. If there is no response, please send email to moeno.wakamatsu@gmail.com.

3. Before making payment, please wait to receive confirmation. We will send you an email when workshop is confirmed. Some workshop, we wait until there are minimum number of applications before to confirm the workshop.

4. Make Deposit Payment. When we send you confirmation for your participation, we will send you information for making deposit to reserve your place.

5. Complete your full payment when you arrive in Normandy or when you are 100% sure of your participation.

III. Refund Policy:

1. If workshop itself is canceled: 100 % reimbursement for deposits and all payments.
2. If participant cancels, the deposit payment is Non-refundable, Non-transferable, Non-changeable. For example, if you reserve and pay deposit for Week 1 of Summer workshop, 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 of your schedule.
3. If you pay full fee in advance, and you must cancel your coming, we cannot reimburse. Please only make full payment when you are 100% sure of your participation.
4. Refunding policy will apply to all cases including covid, family situations, sickness, and strikes. Remember, you do not have to make payment in advance. Make reservations and deposits when you are sure. You can make full payments upon arrival. **Because of many unexpected situations, we strongly recommend you to purchase a travel insurance that will cover the cancellation and change of your flight or train. Health insurance to cover yourself during the workshop is obligatory.**
5. Exception for cancellation in Summer Workshops due to participant's own medical situation – if you present a doctor's letter certifying a sudden serious medical situation that prohibits you from traveling, we will keep your deposit as a credit for 1 year from the date of your payment to use for the future Normandy workshop in the following seasons. This does not apply to Spring or Autumn

Workshop cancellations.

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 60 euros for workshop participants.

(Regular fee - 80 euros) Group lesson depends on how many people join.

For information on the Feldenkrais Method, you can view sites such as www.feldenkrais.com.

Moeno Wakamatsu is a certified practitioner and has been teaching the Feldenkrais method for over 25 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 or Airbnb nearby.

You will have roommates. Men and women will be in different rooms, unless some people are ok to have mixed rooms. When the workshop group is small, you have possibility to have room of your own. However, it is first come first serve — in the order of arrival. If you would like to “reserve” a private room in advance, you must pay additional amount for the room.

We ask for your contribution towards your presence at the house or garden. Contribution amount for each workshop is noted in the Application Form.

Contribution is the same if you stay inside the house or camp in the garden with a tent or camp car. It is towards use of kitchen and bathroom, utility/energy and repair cost, and towards your general presence on the property. The biggest cost is for the use of toilettes – the emptying of the septic tanks – as we are not connected to public sewage. The contribution is not for occupying the bedrooms (except private rooms). For camp cars, we have space for 2 camp cars. There are also campsites nearby if you prefer.

Contribution cost for people who only stay for dinner at the house and they sleep elsewhere, 2 euros/day contribution for use of kitchen.

For visitors who are not fully participating in the workshop (example, you come with your partner): 12 euros/ night, 8 euros/night for babies and children under 12.

If you are inviting friends who are sleeping at the house or joining dinner at our house, please notify in advance as a matter of respect.

If you need one or two additional nights of lodging, the contribution is 10 euros/night for workshop participants. (Please ask in advance for availability of beds) and we ask that you give some help around the house and garden. If you would like to stay longer than 2 additional nights for holiday, please ask, because the cost and conditions will be different.

- Laundry machine -- at the super market and in town, there are places to do laundry.

- Mattresses and blankets and some pillows are available. But please bring sleeping bags or sheets/blanket covers/ pillow cases.

It is forbidden to use the mattress or blankets directly without sheets or some kind of protection cover.

- We lend sheets and towels for a one time cost of 5 euros, 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, for extra cost according to which room. Private rooms are not always available.

HOTEL

Hotel stay for people who want a more comfortable stay. Please look for Airbnb in the area.

CAMPING

For people who prefer to put a tent in our 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 the same if you are sleeping outside in the garden.

VISITORS

If you have visitors who are not participants of the workshop and wish to stay the night at our house or garden: Please be respectful and **ask in advance**.

CLEANING

Cleaning is an obligation for people staying at the house. For the dance studio, also the people who are commuting should participate in cleaning of the studio.

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 8 euros / day, and this cost includes food and any other necessary items for living (i.e. toilette paper, garbage bags, cleaning products, change of light bulbs... etc.) We collect the money (cash) when you arrive.

VII. About the neighborhood, village, town, supermarket, cash machine, 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 town hall. The café is closed for the moment.

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 a popular town for Parisians.

We have wi-fi internet at the house. However, in this region, the internet is very slow. If you need large data transfer for your work, please bring your own mobile data. When one person begins to transfer large data, no one else can use the internet.

The nearest supermarket is about 5 minutes by car, 40 minutes by walking. This is also the nearest cash machine.

Use of bicycles - you can use bicycles, but we make weekly checks on the bikes, and any punctures or other repairs must be done and 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 will not.

VIII. Address and Transport

La Salle de Danse, La Maison du Butoh Blanc

Address:

La Perrotière
61400 Réveillon, FRANCE
+33 (0)7 63 24 16 15 (SMS only)

Department Orne, South-Normandy, France, 2.5 hours from Paris by car.

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

Transport Options:

Please understand the following information before booking your flight ticket. During workshops, we will send all participants e-mail contact list of each other so you can communicate with each other for car share possibilities, to meet at the train station or to share a taxi.

1. The cheapest way to travel is by carshare: www.blablacar.fr

Search destination “Montagne-Au-Perche” (closest common location is

“St.Hilaire-le-Chatel”

2. SNCF Train and bus.

Closest SNCF train stations:

Nogent-Le-Rotrou and Condé-sur-Huisne (on same train line).

L'Aigle (another train line)

From Paris, it is Montparnasse Station.

Buy SNCF ticket at the train station before boarding the train. You can also

buy online for better prices. snCF-connect.com/

Limited bus connection to Mortagne-au-Perche (our closest town). Travel duration 45 minutes. Very few buses - only 2 or 3 a day. Saturdays - no bus after middle of day. Sundays - no bus.

Orne Bus link: Look for route that connects Nogent-Le-Rotrou and Mortagne-au-Perche, or L'Aigle and Mortagne-au-Perche

Nogent - Mortagne Ligne 417 NOMAD car:

https://nomad.normandie.fr/sites/default/files/2024-09/417_septembre_2024.pdf

<https://plan.atoumod.fr/fr/schedules/line/ATOUMOD040:Line:1008247:LOC?fromDate=2025-07-03T14:41:01.608Z>

L'Aigle - Mortagne Ligne 414 NOMAD car:

https://nomad.normandie.fr/sites/default/files/2024-08/414_septembre_2024.pdf

<https://plan.atoumod.fr/fr/schedules/line/ATOUMOD040:Line:1008243:LOC>

Bus: General site

<https://nomad.normandie.fr/les-horaires-compter-du-2-septembre-2024>

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

Bus stop is right outside the train station. 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. You can hitchhike to our house in Reveillon. Sometimes, another participant with car can pick you up in Mortagne. Please ask.

Some buses from Nogent-Le-Rotou will stop at “ZI de Préfontaine” (juste avant

Mortagne. Rondpoint de Aldi et Renault.) Tell the driver in advance. From this stop, it is about 40 minute walk to our house, or you can try to hitch-hike.

If no bus from train station:

Taxis from train stations are expensive. Prices change at night and weekends.

Mariette Taxi 02 33 25 07 08 If you reserve several days in advance, they have big car that can take 7 people.

You can try to hitch-hike (ask for direction Mortagne-au-Perche).

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.