



with Maeda Hiramasa

Residentiel Seminar
Saint-Martin-De-Londres - France

Unique visit in Europe in 2017
First visit in France

Practical info

WA CHI - dojo is happy to organise and invite you to the 2017 Waraku seminar with Maeda Hiramasa Sensei in France, in Saint-Martin-De-Londres.

Our idea of this seminar was to include as much keiko with Maeda Sensei, as well as including practising moments with Ayano and Chika during these **5 days of Seminar**

Thursday 6 July 2017

Friday 7 July 2017

Saturday 8 July 2017

Sunday 9 July 2017

Monday 10 July 2017

After the seminar, there is an **extra day on Tuesday 11 July** for those who wish to continue the Waraku spiral together and **visit of beautiful nature and surroundings with extralunch, extra night & diner in Montpellier city.**

Seminar (06 July -> 10 July 2017)

FULL RESIDENTIAL WARAKU SEMINAR

Seminar, accomodation, food are all in **1 place** at

“Le Hameau de l'Etoile” - [http://](http://www.hameaudeletoile.com)

www.hameaudeletoile.com

Address:

Domaine Le Hameau de l'Etoile

Route de Frouzet

34380 SAINT-MARTIN-DE-LONDRES

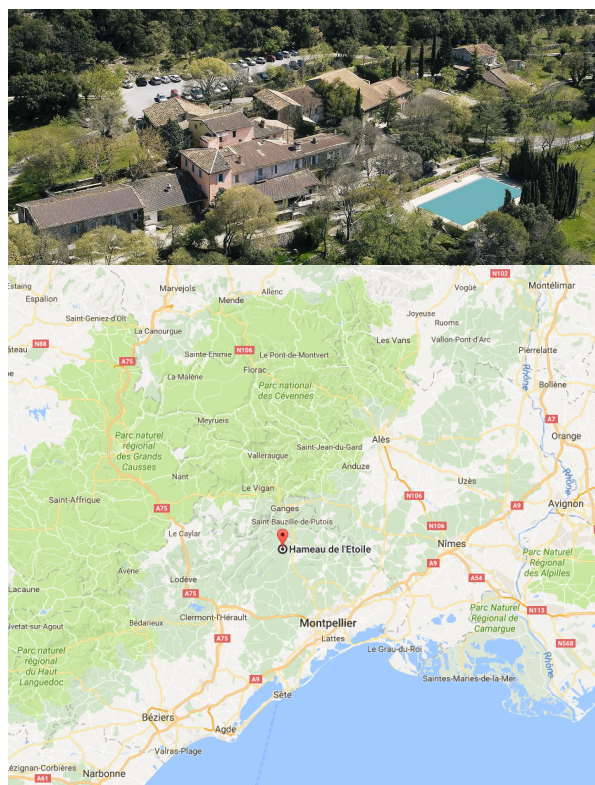
FRANCE

Tél (+33) 04 67 55 75 73

Fax (+33) 04 67 55 09 10

Directions and map on

<http://www.hameaudeletoile.com/plan-acces.html>



Extra Day (July 11)

Visit of nature places and surroundings* around Montpellier with private bus.

Included:

- Private bus from St-Martin-De-Londres to Montpellier
 - Stop in Lac Salagou
 - night in hotel Montpellier city center - (based on room for 2 persons)
 - diner in restaurant in Montpellier city center
 - visit with private bus to Camargues, Saines-Maries-De-La-Mer, Aigues Mortes
 - lunch
 - travel back to Montpellier with private bus
- * visits subject to change without prior notice

SEE PROGRAM FOR MORE DETAILED INFO.

Program	Seminar *
Thursday 06 July	
04.00 - 07.00 PM	Arrival & installation
07.30 PM	Evening prayer (Amatsu Norito)
08.00 - 9 PM	Diner
09.30 - 10.30 PM	Opening ritual by Maeda Sensei
Friday 07 July	
7.30 AM	Morning prayer (Amatsu Norito)
08.00 AM	Breakfast
9.30 - 12.00 AM	Keiko
01.00 - 02.00 PM	Lunch
04.00 - 05.00 PM	Self practicing time with Ayano and Chika
05.00 PM - 07.30 PM	Keiko
07.30 PM	Evening prayer (Amatsu Norito)
08.00 - 09.00 PM	Diner
09.30 - 11.00 PM	Free evening
Saturday 08 July	
7.30 AM	Morning prayer (Amatsu Norito)
08.00 AM	Breakfast
9.30 - 12.00 AM	Keiko
01.00 - 02.00 PM	Lunch
04.00 - 05.00 PM	Self practicing time with Ayano and Chika
05.00 PM - 07.30 PM	Keiko
07.30 PM	Evening prayer (Amatsu Norito)
08.00 - 09.00 PM	Diner
09.30 - 10.30 PM	Artistic Activity
Sunday 09 July	
7.30 AM	Morning prayer (Amatsu Norito)
08.00 AM	Breakfast
9.30 - 12.00 AM	Keiko
01.00 - 02.00 PM	Lunch
04.00 - 05.00 PM	Self practicing time with Ayano and Chika
05.00 PM - 07.30 PM	Keiko
07.30 PM	Evening prayer
08.00 - 09.00 PM	Diner
09.30 - 10.30 PM	Waraku meeting - points Rimini + new points location of next seminar (2018)
Monday 10 July	
7.30 AM	Morning prayer (Amatsu Norito)
08.00 AM	Breakfast
9.30 - 12.00 AM	Keiko
01.00 - 02.00 PM	Lunch
02.30 - 04.00 PM	Keiko
04.00 - 05.00 PM	Check-out
05.00 - 07.00 PM	Private bus travel with visit of Lac du Salagou (part of supplementary day - optional)
07.00 PM	Check-in Hotel Montpellier (part of supplementary day - optional)
08 - 09.30 PM	Diner together in city center (part of supplementary day - optional)

Program	Supplementary day (optional) *
Monday 11 July	
08.00 AM	Morning prayer (Amatsu Norito)
08.30 AM	Breakfast
09.30 - 10.00 AM	Check out
10.00 - 01.00 PM	Private bus + visit nature places s.a. Camargues Saintes-Marie-de-la-mer, ...
01.00 - 02.30 PM	Lunch
02.30 - 4.30 PM	Private bus + visit Aigues Mortes , salt lakes, ...
05.30 PM	Back in Montpellier an goodbye

* The schedule is subject to change without prior notice.

Seminar registration

Participation fee:

- WARAKU SEMINAR 6->10 JULY:

445 EURO

This fee includes the seminar as well as artistic evening on Saturday 8 of July

This fee excludes accommodation at Le Hameau de l'Etoile - see chapter Accommodation & food.

- EXTRA DAY 11 JULY:

150 EURO

This fee includes travel by private bus, night + petit dej. in hotel (based on room for 2 pp + private bathroom), diner in Montpellier Centre, visits

Payment

A 145 euro deposit (non-refundable) should be paid **by April 10 2017** .

The remaining saldo should be paid **before June 5 2017**.

- 300 euro (seminar only)

or

- 450 euro (seminar + extra day)

Payment by international bank transfer to
Catherine Dompas
IBAN BE87 4082 0938 7194
BIC KREDBEBB

Accommodation & food 06-10/07

AT HAMEAU DE L'ETOILE - TO BE BOOKED ONLINE BY YOU

Accommodation with food and drinks (tea, coffee, wine) included from 06 July -> July 10.
only via direct booking on the website of le Hameau de l'étoile.

English version - <http://www.hameaudeletoile.com/en/groups-accommodation.html>

French version - <http://www.hameaudeletoile.com/hebergement-groupes.html>

There are **4 formulas of lodging incl. food**, according to your preferences and budget

- Single or bedrooms to share (1pp > 6 pp), with/ without private baths:
from 65 to 110 euro/pp/night
- Chalet "Cassine" (spacious wooden chalet) with airco and private bathroom (1 pp -> 2 pp)
from 95 euro to 120 euro/pp/night
- Small wooden huts with outdoor facilities (1 pp -> 2 pp)
from 70 to 75 euro/pp/night -
- Nomad tent - comfort camping 2 persons: 65 euro/pp/night

Also included in the price:

Linen and towels.

Food & beverages a (coffee, tea, water, juice, wine).

Accommodation & food - 11/07

The night of 10 July -> 11 July, you will stay for 1 night, (incl. breakfast), in a hotel in the centre of Montpellier.

We have registered rooms on basis of two persons per room with private bathroom.

The diner will be in a restaurant in the old Montpellier city center.

The lunch on July 11 will be on the road in the Camargues.

Accommodation & food is included in the price, (beverages not included).

Registration procedure

Please write an email to catherine.dompas@gmail.com confirming your wish to attend the seminar and the extra day on July 11.

The email needs following information

1. Name + surname
2. Address
3. A statement / confirmation that you register for the WARAKU seminar in Saint-Martin-De-Londres
4. Specify your participation / or not on the extra day - July 11
5. Specify specific diet wish / allergies (Vegetarian, vegan, gluten-free, ...)
6. A telephone number where you can be reached
7. Specify your date and time of arrival and departure
8. A statement that you accept the conditions as laid out in this document

DISCLAIMER OF LIABILITY

THE ORGANIZERS DO NOT ACCEPT ANY RESPONSIBILITY FOR ACCIDENTS. EACH PARTICIPANT NEEDS TO ARRANGE HIS/HER OWN INSURANCE.

Detailed information

Getting there - transport

To Montpellier:

By plane:

Montpellier Méditerranée airport is the closest airport.

<http://www.montpellier.aeroport.fr/en/passagers#>

Montpellier airport has direct flights to/from

- London, Leeds, (UK)
- Rotterdam, Amsterdam (Netherlands)
- Charleroi, (Belgium)
- Basel (Switzerland)
- Paris, Strasbourg, Lille, Nantes, Brest (France),
- Frankfurt am Hahn, Düsseldorf (Germany)
- Casablanca, Tanger, Marrakech, Fez (Morocco)

From Italy, Spain by plane you will need make stop in Paris or other city.

see also: <http://www.montpellier.aeroport.fr/en/destinations/carte-vols-directs-montpellier>

From the airport to Montpellier city center: 10' by car / bus:

- Taxis (18 - 20 euro to city center)
- airport bus to the city center every hour (2 euro).

From Montpellier airport to the location (Saint-Martin-De-Londres), it is 35 ' driving by car.

By train:

(Direct) TGV trains to Montpellier station in city centre:

- Italy - via Lyon, every day
- Spain - direct from Barcelona , every day.
- Belgium - direct from Brussels every day.
- Switzerland - from Lausanne and Geneva

see also <http://www.tgv-lyria.com/fr/booking/timetables-and-fares/routes>

By Car:

Find your best trip via google maps.

Montpellier lies on the highway A9

See [www.http://maps.google.com](http://maps.google.com)

Once arrived in Montpellier:

From Montpellier to Saint-Martin-De-Londres is 25 km (35 minutes by car).

Bus:

There is a bus 108 to Saint-Martin-De Londres that you can take at tram 1 - stop - Occitanie.

You can take tram 1 from the rail station or from the bus stop coming from the airport.

The bus takes 45'. It is not always on time, and not so many buses / day. See attached document with bus schedules.

Rent a car:

are possible in the rail station and in the airport (Avis, ...)

Taxi:

Taxi to Saint-Martin-De-Londres costs between 50 and 60 euro.

If you can share a taxi with a group, this becomes very affordable.

Look also on the website of Hameau de l'toile

<http://www.hameaudeletoile.com/en/access-plan.html>

Meals & drinks

included in the accommodation price (full pension).

The chef and his team use fresh local ingredients to prepare healthy and balanced dishes in form of a buffet.

A snack buffet is also available at 10am and 4pm. It includes: homemade cakes, fresh seasonal fruits, hot and cold beverages that you can have on the patios.

Drinks are available the whole day (water, tea, coffee, espresso). Wine is also available during the meals.

For vegetarians!

A vegetarian buffet is available at lunchtime or in the evening.

Specify on the registration sheet

All other meal wishes / allergies

Specify also on your registration sheet.

Other facilities in le Hameau

- Swimming Pool
- Shop with books, postcards, clothes, incense, jewellery...
- Bar corner
- Space to sit and enjoy being outside

Check-in - Thursday 6 July - as of 4 PM

Reception Desk

Reception is open from 10 am - 6 pm. Please note that the first activity starts at 7.30 PM with the Amatsu Norito (prayer).

thx. to be on time. :-)

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Check-out Monday July 10 - between 4 PM - 5 PM

Reception Desk

For those who stay one more day (July 11), a private bus will pick us up at the reception at 5 PM to continue the journey to Montpellier.