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**Additional information for the retreat**

**You will need to be in Albi at the train station at 6pm** **on Saturday June 30,** for the pick up by minivan to go to the retreat center. We will have dinner there.

The retreat will finish after Pranayama and Breakfast on Saturday July 7th**.** **We will drive back to the train station in Albi where we will arrive by 11:45am** (on time for the noon trains to Toulouse and Paris).

**Where to fly to:**

If you do not wish to spend time in Paris and take a train from Paris to Toulouse, the closest and most convenient airport to fly into is Toulouse. Your choice may depend on your travel plans.

It may be more advantageous financially and time wise to book a round trip flight from SF to Toulouse (even if you are not planning to use Toulouse –Paris), rather than a round trip SF-Paris.

 I know Air France offers that and I think United too. The fare all the way to Toulouse on the day of your arrival may be almost the same as SF to Paris.

**Hotels in Toulouse:**

Near the train station: Hotel Phoenicia (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 villages 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 if you have time.

**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), sun lotion, sun hat,

swimming suit, good light hiking shoes (for hiking on rocky trails) and water shoes for canoeing .

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

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

**Toulouse-Albi or Albi -Toulouse:** takes about 1h by train operated by SNCF. No reservation for this segment.

**Paris- Albi (via Toulouse) or Albi -Paris:** takes about 7h . Reservation is required on the TGV (high speed Train)

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

Any additional questions let me know.

Anne