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**Additional information for the 2022 retreat**

**You will need to be at the Albi- Ville train station by 4pm** **on Saturday July 2,** for the pick up by minivan to go to the retreat center. We will have dinner at the retreat center.

**The retreat will finish after Breakfast on Saturday July 9th.** **We will drive** **back to the train station in Albi where we will arrive by 11:30 am** (on time for the 11:41 am trains to Paris or Toulouse).

**What to bring**: Yoga clothes, light summer clothes, a warm sweater or sweatshirt (nights and mornings can be cool as well as in 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).

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

Anne’s cell phone in France : 06 89 52 65 66 if calling from the US +33 6 89 52 65 66

Villard’s cell phone in France : 07 82 66 14 75 or if calling from the US +33 7 82 66 14 75

Best email to reach us while in France : [annemsaliou@gmail.com](mailto:annemsaliou@gmail.com)

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.

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

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

**Paris- Toulouse:** takes about 5 to 6 hours TGV Reservations is required

**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).

**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.

Some of my students stayed in the Attic Apartment <https://abnb.me/lGz6ox97Mpb> in the old part of town and really liked it (but can be hot with warm weather).

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 two.