

**Yoga in the South of France at  
Villa Plantat, MAY SEPTEMBER (Please circle)  
with Anna Walsemann**

**Agreement**

Guest Name \_\_\_\_\_

Guest Address \_\_\_\_\_

Guest Phone number \_\_\_\_\_

Guest E-mail \_\_\_\_\_

**Arrival date** Sunday Afternoon, May September

**Departure date** The Following Sunday Noon

To reserve, pay 50% of your total.

Double (shared) room- \$1,380.00 (each)

Single (private) room- \$1,500.00

Balance due 1 month before arrival: USD

Please sign and return this agreement with your check to Patrice M. Regnier at the address below. We will sign and return a copy to you.

392 Broadway Apt. 3F  
New York, NY 10013

Guest Signature \_\_\_\_\_

Date \_\_\_\_\_

Plantat Management  
Signature \_\_\_\_\_

Date \_\_\_\_\_

### Daily Program

8:00-8:30	Meditation
8:30-9:30 am	Breakfast
9:30-10:30 am	Morning fitness walk and/or swim
11:00 -1:00 pm	Yoga
1:00-2:30 pm	Lunch
2:30-5:30 pm	Individual activities, sight seeing, wine tasting or massage, sauna and flower remedy
5:30-6:30 pm	Special workshops (Tai Chi, Qigong, Oki-do, Chinese healing arts, self massage, White Crane and more)
7:00 pm	Apéritif and Dinner

### Fee includes

- Daily 2-hour group yoga classes
- Evening group sessions
- Hikes
- Breakfast, lunch and dinner including all service, food and local wine (Provençal cooking prepared and served by Madame Benedetti.)
- [ ] Single or [ ] Double occupancy (Bathrooms are adjacent to rooms - two persons per bathroom.)
- Full use of Villa Plantat and its 400-acre grounds including the private swimming lake, gardens, library, television room, office for telecommunications, dining room, salons and terraces. Yoga classes will be held in the studio adjacent to the main house.

Double (shared) room- \$1,200.00 each

Single (private) room- \$1,380.00

More info on Villa Plantat can be found at <http://www.villaplantat.com>

For more information, call 212-431-7051

or email: [patriceregnier@earthlink.net](mailto:patriceregnier@earthlink.net)