

BLISS | 5 RHYTHMS® WAVES & ELEMENTAL MOVEMENT WORKSHOP
with Guillaume Laplane 5Rhythms® accredited teacher
JULY 23rd- 28th, 2016 IBIZA
Sunday 2pm to Friday 2pm

PRACTICAL INFORMATIONS

I am very happy to welcome you to this very special dance retreat in the beautiful and powerful nature of north Ibiza.

Looking forward to share this dance journey with you !

Guillaume & Dream Team

3 steps to complete your registration :

- 1.YOUR PAYEMENTS :WORKSHOP & ACCOMODATION
- 2.YOUR ACCOMODATION CHOICES
- 3.YOUR CERTIFICATE OF RESPONSABILITY to bring with you.

Contact for workshop & accomodation informations :

guillaume.laplane@gmail.com / Phone : +33 6 65 60 47 18

1. WORKSHOP price :

300€ super early bird for the 10 first registrations before 20/02/17.

360€ early bird for registration payed before 20/04/17

440€ price for registration after 20/04/17

Places are limited to 26 participants.

2.ACCOMMODATION prices : from 200€ to 500€ (5 nights)

see options below

3. MEALS :Tom's delicious Vegetarian Catering.

210€ for 6 lunch/brunch and 4 diners. Fruits, Cereals, tee & coffee in self service will

be available for breakfast

(not included: one diner at Paloma restaurant together on Thursday night)

4. Car rental sharing on the Island : 70€/pers. Including gaz (if you can drive get in touch with me before renting a car thank you)

* PAYEMENTS:

Registration fees: 200€ for the workshop and 100€ for accommodation

Total to be payed by cheque (Fr.), Bank transfert or Paypal.

Please bring the complement of your payements by cash at the workshop start.

* by Paypal: 207€ (7€ taxes) link: [PayPal.Me/GuillaumeLaplane](https://www.paypal.com/mo/payto?email=GuillaumeLaplane)

*by chèque: Order : Guillaume Laplane

adress : Guillaume Laplane/ 20 rue Miradou I 3002 Marseille

*by bank transfert: Bank informations:

BANQUE POPULAIRE PROVENCE ET CORSE 30 rue d'Endoume I 3007 Marseille. Tel : 08.20.33.74.14

Code Etablissement: I4607 / Code guichet: 00083 / N° compte: 86021510218 / Clef Rib: 93

Domiciliation: BPPC MRS-CORDERIE/ IBAN: FR76 1460 7000 8386 0215 1021 893/ BIC: CCBPFRPPMAR

2.ACCOMODATION :

Our retreat center is located near San Lorenzo on the north of the Island 30 minutes drive from Ibiza town and airport. you will receive the directions to get there and a meeting is planned the 2nd of July at 3pm in Ibiza town to drive together to our place.

The place is a 400 years old Typical Ibizenian house with a generous mediterranean garden, beautiful outdoor spaces to relax and a pretty swimming pool.

We will dance on a large and soft outdoor wooden floor located 3 minutes walking from our rooms in the middle of a pins forest

The rooms are available for us from the 23rd July at 2pm to the 28th July 10 :30am (luggages can stay until the afternoon) for nights before and after this dates you should find an other accommodation (airbnb is a good option on the Island): www.airbnb.com

In case of cancellation:

For the workshop :

If you are brought to cancel your registration in the workshop, thank you for telling us of it as soon as possible.

- For the cancellations until one month before the workshop, only 50 % of the registration fees can be paid off to you, not depending of the nature of your cancellation.

- Less than one month before the workshop, the totality of registration fees are due and can not be paid off, not depending of the nature of your cancellation.

(In the case a person would take your place on your recommendation, 80 % of registration fees and accommodation fees can be paid back to you.)

- In the case of a cancellation of the workshop from us for major personal reasons, the totality of your registration fees will be paid back to you, except expenses of plane tickets, accommodation fees and logistics hired by you for your journey.

For the accommodation:

- 4-5 month before start of the workshop – you'll get half the deposit back

- 4 month till 4 weeks before workshop starts – whole deposit is kept

- 4 weeks till supposed start of the workshop – whole amount of the reservation has to be paid (also if you are leaving earlier, unless the rooms can be rented out to someone else)

PLEASE CHOOSE BETWEEN THIS FOLLOWING POSSIBILITIES :

Give us 3 choices on the following options and we will do our best regarding to the availability of rooms on the principal of first booking = first served. The rooms that can welcome 3 people will be attributed in priority to single participants.

A* Double *Blue* room with shared shower-toilet: 95€/night. 2 single beds (5 nights > 237,5€ each when shared by 2, or a total of 475€ if alone)

Connected to the commun kitchen.

Couple or friends names: 1..... 2.....

~~B* Double *Orange* room with shared shower-toilet: 95€/night. 2 single beds (5 nights > 237,5€ each when shared by 2, or a total of 475€ if alone) Ground floor direct acces from outside~~

~~Couple or friends names: 1..... 2.....~~

C* Single *Granat* room with shared shower/toilet 70€/night (5 nights > 175€ each when shared by 2, or a total of 350€ if alone) 1 double bed 150cm. Connected to the commun kitchen.

Single or Couple : 1..... 2.....

D* Double or Single Suite *Payesa* (tower room) with own shower toilet (couple) 1 double bed 160cm. 105€/night (5 nights > 262,5€ each when shared by 2, or a total of 450€ if alone) first floor, own terrasse.

Couple or friends names: 1..... 2.....

E* Triple *Atelier* with own shower/toilet (1 or 2 pers: total 120€/night) (3 pers = 50€/p/n) (5 nights > 250€ each when shared by 3, 5 nights > 300€ each when shared by 2 or a total of 500€ if alone). Ground floor, own terrasse.

names : 1..... 2..... 3.....

F* Double *Dance Studio* (Mezzanine for couple) with own shower toilet. 1 double bed 140cm. 120€/night (5 nights > 300€ each when shared by 2, a total of 600€ if alone) large dance space. Or with a second bed installed in the dance space 135€/night. (5 nights > 337,5€ each when shared by 2 with 2 beds)

Couple or friends names: 1..... 2.....

~~G* Double *Balichillout* outdoor 2 single beds. 1 pers. 30€/night (6 nights > 180€). 2 pers. 40€/night (6 nights > 240€) outdoor, close to the pool.~~

~~Couple or friends names: 1..... 2.....~~

H* Single *Yellow* room with shared shower/toilet 70€/night (5 nights > 350€) Ground floor direct acces from outside

name:

J* Single *Dome tent* with shared shower-toilet, 1 pers. 30€/night (5 nights > 180€) outdoor under a tree, near commun kitchen.

name:

Accommodation choice 1 :/ price :

Accommodation choice 2 :/ price :

Accommodation choice 3 :/ price :

We will tell you what is available soon.

The place :



*To arrive and to move from the retreat center to go to our stunning dancing exploration sites:

The best option we experienced last years that worked very well and easy is to co-rent cars by 4-5 people. This is necessary to move on the Island for our time of dancing at the beach and for all your free time as well.

This will cost 70€/pers. Including gaz.

If you have a driving licence and feel easy to be one of the drivers please tell me, I'll tell you if we need you to book a car or if there is already enough cars.

Don't book any car before informing Guillaume you will do so, thank you.

check on the website www.doyouspain.com to search the best deals.

List of the important equipment to bring with you:

- Your sketch book for drawing or writing with pastels or coloured pencils
- A pair of walking shoes (sneakers or good sandals works as well)
- Solar Protections (high protection sun cream, anti UV glasses, hat. Scarfs, to cover your head and eyes.
- Light natural Clothes (cotton-linen) confortable for dancing and some with witch you will feel free to become dirty or weat for our sessions in nature. long shirts and pants are better for some of our elemental exploration, depending your confort needs.
- Take some white, black and natural (Brown, grey, dark green, pastel blue... color clothes for dance as we shall experiment through the qualities of these colors.
- A flashlight or frontal with extra piles or solar powered or manual energy powered.
- Moisturizing Oil for the body, after sun cream and/or aloe vera.
- Your musical instrument if you wish, if you play.
- Anything you want to share with the group, poetry, songs etc...

Certificate of responsibility

I undersigned

Phone number :..... Email :

Address :

Post code :.....Country :

Date of birth:

Declare to have acquainted with the practical conditions of the workshop
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I declare to travel under my full responsibility in SPAIN / IBIZA within the group constituted by Guillaume Laplane. I acquainted with all the services to be paid individually or in common on the spot. The costs are planned for information purposes and can be adapted to the hazards of the journey or will adjust according to the motivations of each.

I certify to be covered by my third-party insurance

Company :

Contract Number.....

Contract number:

in case of material physical injury, damages and necessity of repatriation.

Person to be contacted in case of need:

«/ phone :

I assume personally quite unforeseen bound to the chosen logistics, to the bad weather or to the local events.

I am in good health with the capacity of walking and dancing in nature. I make commitment to inform the teachers of any kind of medical treatment at my registration in the workshop. I make commitment of not taking any drugs during the workshop.

Date

location.....

Signature :