

Les Passeroses Bordeaux region, France

'Passeroses' means hollyhocks and in the summer these flowers surround the outer walls. Situated close to a country lane, the centre enjoys great privacy and is not overlooked. The large oval swimming pool is next to the house and from its terrace you have views out over the rolling hills to the woods beyond. There is a huge yew tree near the pool which gives a shady place to escape from afternoon sun.



Owned by former chef Alex and his partner Adrian, this venue has the added attraction of an optional cooking class during the week. As you can imagine the food here is delicious, home-cooked and vegetarian.

Every item at this venue has been thought through in great detail, from the relaxation areas in the garden to the small kitchen area for the students use which has tea and coffee provided and a large fridge in which to store those supermarket olives and cheeses for snacks - if you have room after Alex's meals!

Accommodation for up to eleven is spread over five rooms, each with its own character. All rooms have views over the rolling countryside and windows covered with blue shutters. Fine, crisp bed linen and super soft towels are standard for every guest.



Three of the rooms have en-suite facilities, the remaining two share a bathroom. Extra guests can be housed nearby.



Yoga takes place in the former barn with its fantastic high beamed ceiling, solid oak floor and views across the countryside and into the garden. Light fills the space from three large windows, but it remains cool in the heat of the day and warm after sunset during the summer months.

There will be both weekends and full weeks of yoga over the coming season

Dates	Nights	Style	Teacher	Cost
April 13th - 17th	3 or 4	Astanga (Easter)	Mark Hill	£265 / £310
May 18th - 21st	3	Flowing Hatha & Yin Yoga	Jane Craggs	£265
May 27th - June 3rd	7	Astanga Yoga	Rod Watson	£415
Aug 10th - 17th	7	Vinyasa Flow Yoga	Britta Tidy	£415
Aug 26th - Sep 2nd	7	Viniyoga	Gareth Williams	£415
Sept 7th - 10th	3	Flowing Hatha & Yin Yoga	Jane Craggs	£265

Includes: accommodation, full board and yoga as booked

Not included: airport transfers, optional cookery class, travel insurance and flights

Please ask the Free Spirit staff for an information pack 01273-564230

The Yoga Space

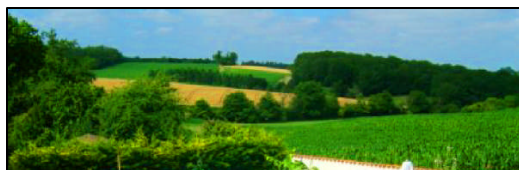


The 65sqm barn has been renovated with Yoga specifically in mind. With its fantastic high beamed ceiling, solid oak floor and views across the countryside and into the garden, lends itself to many other uses - such as music, painting and singing.



The barn can comfortably accommodate up to 15 people for yoga.

Light fills the space from three large windows, it remains cool in the heat of the day and warm after sunset during the summer months.



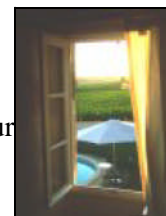
Set low into the side of a hill the house enjoys great privacy and is not overlooked.

The large oval swimming pool is next to the house, and from its terrace you have views out over the rolling hills.

There is a huge yew tree near the pool which gives a shady place to sit in the afternoon sun.

Steps down from the pool terrace lead you past the large fig tree, and down to mature gardens.

There are many places to sit quietly and enjoy the shaded tranquillity or find space to be on your own up in the meadow behind the house.

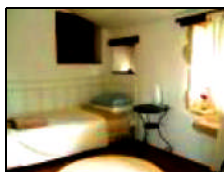


The guest accommodation has two entrances, a dining room, lounge area and a cool upstairs seating area with oak floor.

Optional Extras

2.5hr optional vegetarian cookery afternoon at 20euros per person.

Alex also offers a Indian Head Massage of 45minutes for 25euros



Accommodation for up to eleven is spread over five rooms, each with its own character. Decorated and furnished in a simple style, the finish and details give them a luxury feel.

All rooms have views over the rolling countryside and windows covered with blue shutters. Fine, crisp bedlinen and super soft towels are standard for every guest.

Please note that Les Passeroses is a no smoking building.



Ashtanga Yoga with Rod Watson

I've practised yoga for seventeen years, and taught for the last ten years. I qualified initially as an Iyengar yoga teacher, and taught yoga in the Iyengar way for four years. I then moved on to Astanga yoga, which I find challenging and immensely rewarding; it is a strong physical practice and its emphasis on breathwork links into my psychological and spiritual practices of psychotherapy and meditation.

My teacher is John Scott, and I work with him regularly in Penzance. Over the last few years I've worked with some of the leading exponents of Astanga yoga, including Danny Paradise, Graham Northfield, David Swenson, Annie Grover, Tim Miller, Lino Miele, Chuck Miller, and Maty Erazty. I've also found the very different approaches of Sarah Powers and Venkatesh, who I spent two months with in India, to be very inspiring.

I work with students at various levels, and use a range of techniques, including talk-through, detailed analysis of postures, and self-practice Mysore style.

I'm teaching yoga in Withington, and West Didsbury.

I am also a Core Process psychotherapist and have a private practice in Chorlton.



Astanga Yoga with Mark Hill

Mark Hill first trained in New York in Sivananda yoga from which he went on to teach in the Bahamas. Following this he travelled to Australia to extend his training to include Astanga and Iyengar style yoga and studied with Louise Sear and Matthew Sweeney. Currently his main influence and training has been from Richard Freeman from Boulder, Colorado.

Mark teaches a Dynamic Astanga based style of yoga. He teaches regular classes at the Life Centre and Triyoga in London, as well as doing various retreats around the world. Mark believes in a softly strong approach to Dynamic Yoga.



Viniyoga Yoga with Gareth Williams

Gareth has been practicing and teaching yoga for over a decade, with experience in several styles of yoga he is now a British Wheel of Yoga teacher and runs classes and workshops in London and Italy.

His style of teaching is light hearted but not without challenge and focuses upon gently dynamic sequences, posture work, breathing techniques and relaxation.

In addition to and complementing his teaching, he is an advanced Thai Yoga Massage practitioner and teacher, having studied with Kira Balaskas at the School of Thai Massage and with Asokananda, one of the world's leading teachers. He also practices Indian Head Massage.



Vinyasa Flow Yoga Jane Craggs

Jane is based in Manchester where she runs 'Yoga Space', an organisation promoting Yoga taught according to the tradition of Patanjali's eight limbed system. She has studied in Spain, where she was taught by Calle Ramiro in Madrid, with Godfrey Devereaux in Ibiza, in the UK with Donna Farhi and Sarah Powers and has a Diploma from The British Wheel of Yoga.

She teaches at Manchester Yoga Shala a centre which she set up with other teachers from Yoga Space, and also at other venues in Manchester. Jane also runs retreats in the UK, Morocco, Spain and India.

Her teaching combines a passive Yin style (Doaist Yoga) with flowing vinyasa and Hatha, and is inspired by the heartfelt mindfulness teachings of Donna Farhi and Sarah Powers.

Food is very important at Les Passeroses.

If you book on a course you will be eating nearly every meal with us, so it is important that you know you will be well fed!

Alex has worked with food for nearly 20 years.

He began his career training to be a Chef in some of the best restaurants in Manchester and Cheshire including The Lime Tree and The Alderley Edge Hotel. He has also set up several kitchens and run his own vegetarian food business.

This year at Passeroses we began to get into the rhythm of growing most of our own vegetables and of harvesting fruit - especially cherries!

In 2006 we aim to have all the vegetables that we use, picked fresh from our garden. During 2005 we will have been making jam and preserves from our fruit, sauces and soups from our tomato crop and herb infused oils and vinegars.

EXAMPLE VEGETARIAN MENU

AS SERVED ON A YOGA HOLIDAY

Brunch

Tomato & basil salad
Mixed leaves with herb vinaigrette
Cous-cous salad with roast vegetables
Celeri remoulade
Lentil and cumin soup
Morrocan style chick pea parcels

Dinner

**Salad of courgettes with lemon,
fresh thyme, pine nuts and parmesan shavings.**
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**Galettes stuffed with spinach and goats cheese,
fresh tomato and herb sauce.**
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Apricot tarte tatin.

Water and fruit juice is also included.
Wine is available by the carafe and is charged separately.

If this is making your mouth water please do remember that Alex does offer a cookery class (payable locally) during the week.

He also organizes both Gourmet and Culinary holidays and there is a second barn with a purpose built kitchen exclusively used for cookery classes

Where we are and how to get here

Les Passeroses is situated near Montmoreau, North-East of Bordeaux and South of the town of Angouleme. Angouleme is the main administrative centre of the Charente department of the region of Poitou-Charentes.

BY AIR - 22 budget flights to choose from - new from Exeter,Leeds,Nottingham and Norwich

Flying from..	Flying to ...	Airline
Manchester	Bordeaux	BMI Baby
Nottingham East Midlands	Bergerac	Ryan Air
Nottingham East Midlands	Limoges	Ryan Air
Birmingham	Bordeaux	BMI Baby
Birmingham	Bergerac	Flybe
Birmingham	La Rochelle	Flybe
Bristol	Bordeaux	Flybe
Bristol	Bergerac	Flybe
Dublin (via Liverpool)	Limoges	Ryan Air
Exeter	Bergerac	Flybe
Gatwick	Bordeaux	British Airways
Southampton	Bordeaux	Flybe
Southampton	Bergerac	Flybe
Southampton	Limoges	Flybe
Southampton	La Rochelle	Flybe
Stanstead	Bergerac	Ryan Air
Stanstead	Limoges	Ryan Air
Also check your nearest airport for connections		

BY RAIL

You can connect from Waterloo to Angouleme (one change in Lille) from £99 return, and we would recommend this as a stress free way to travel. Journey time is about 5 hours from Waterloo station.

Jacqui Nicholson at Rail Canterbury is excellent for booking your train ticket and planning your whole rail journey from your local train station Contact her at Rail Canterbury - 01227 450 088

TRANSFERS

Transfers are available from Bordeaux or Bergerac airports at a cost of 40 euros per person return. For a cost from other airports please contact us.

Transfer from Angouleme station is available for 10euros.

CAR HIRE

We recommend hiring a car - especially if you are coming as a group. All the airports have car hire facilities

Comments from the Passeroses Guest Book (2005)

COMMENTS SO FAR...

"An oasis of calm and tranquillity. Excellent food and hospitality - Thank You!"

J. Reed

"Thank you for a wonderful time - the rooms, food and your style of hosting made it all the more special."

A. Watt

" 'Les Passeroses' is a wonderful place to teach, retreat, practice yoga, relax, eat and rest!! The design is thoughtful and true to the original house - and the attention to detail exquisite. Thank you for hosting an amazing weekend."

Jane Craggs

Please feel free to contact us at any point with any questions you may have or to reserve your place at this venue

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