

ZEN

[CHEZ ZEN]

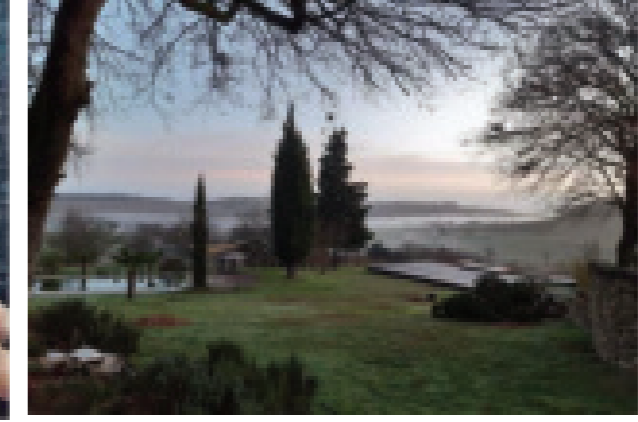
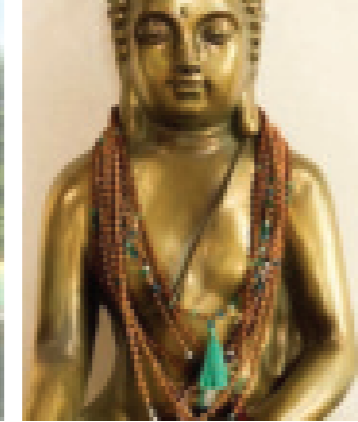


CENTRE D'ARCHITECTURE HUMAINE . SOUTH OF FRANCE

THE MAXIMUM VALUE.
THE MAXIMUM WELLBEING. THE PLACE OF HEALING SILENCE.



[booking arrangements](#) . [description](#) . [equipment](#) . [options + conditions 2021 / 2022](#)

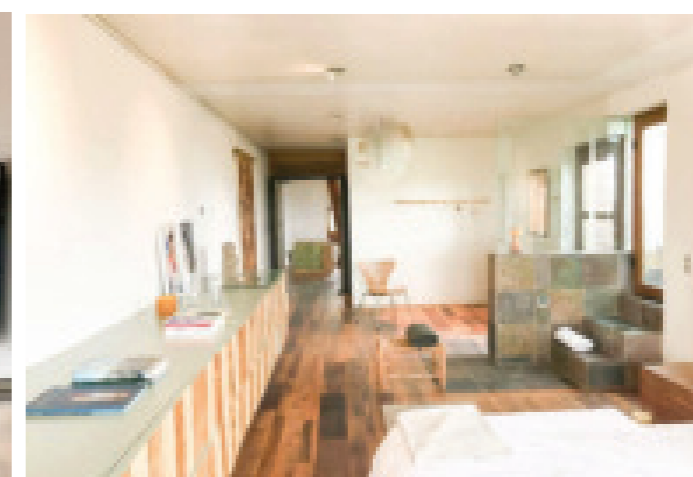
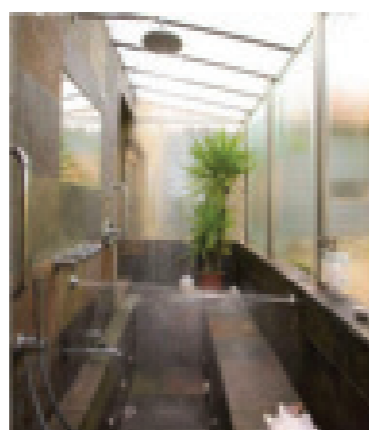
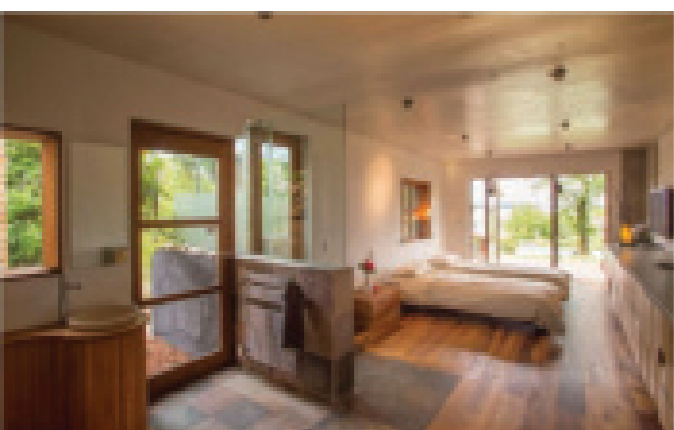


resort + rooms

mainVilla

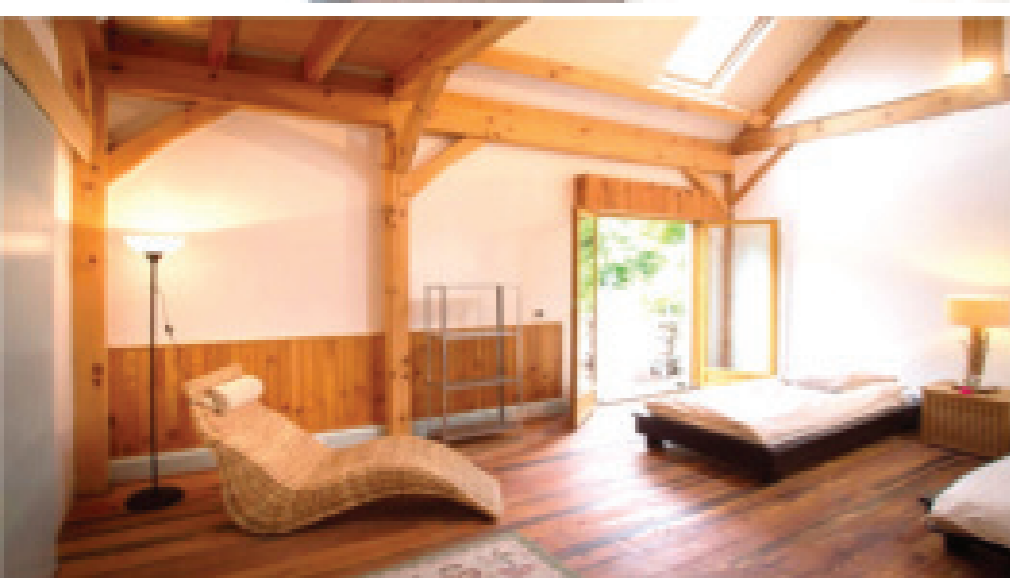
FUSION OF LIGHT AND MATTER





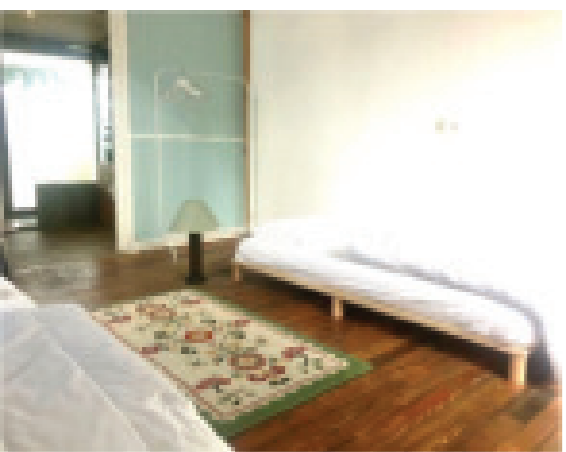
gardenSuite

Garden suite on the ground floor with view towards garden and pool, en-suite facilities (toilet and shower in separate rooms, additional sink in the room). Up to three Bed`s, Shower + Jacuzzi with 180 degree view into the nature, underfloor heating, fireplace.



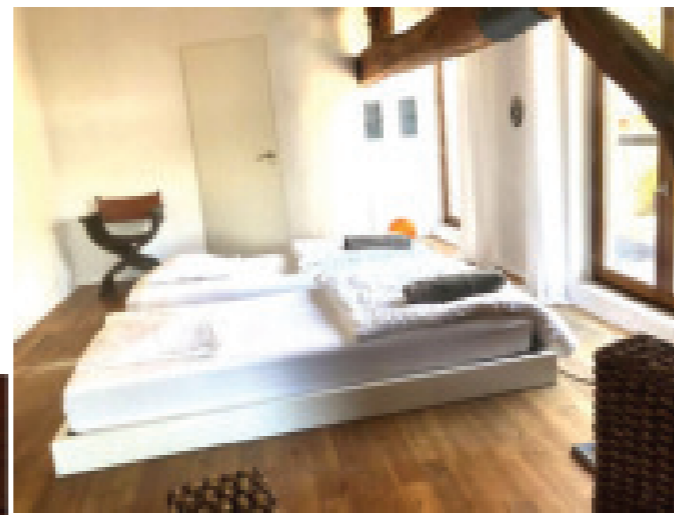
herb**Garden** suiteOne

spacious, bright room with high ceilings, ground floor, with en-suite facilities and view in our illuminated herb garden. private garden terrace. underfloor heating and ceiling fan. room with 2 entrances. Optional as usable as a three or four bed room.



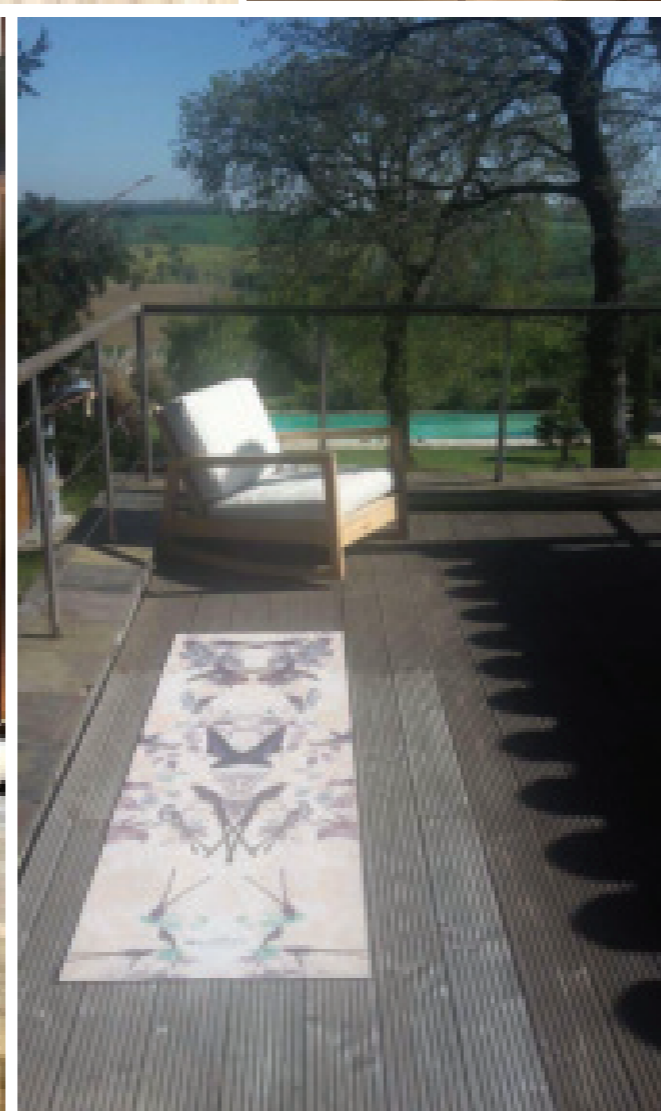
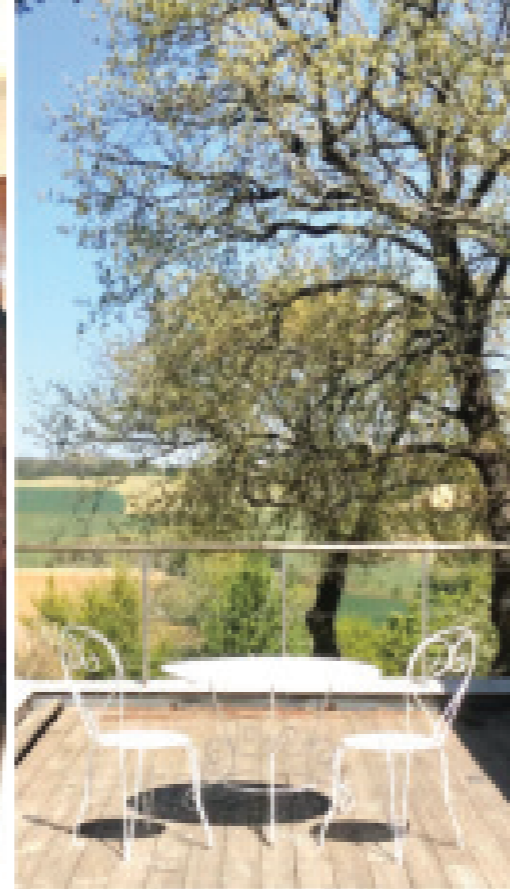
herbGarden suiteTwo

a bit smaller, bright room with high ceiling, ground floor, en-suite facilities, underfloor heating, ceiling fan and private garden terrace. two or three single beds possible. view in our illuminated herb garden and towards the sundown.



roofTerrace roomOne

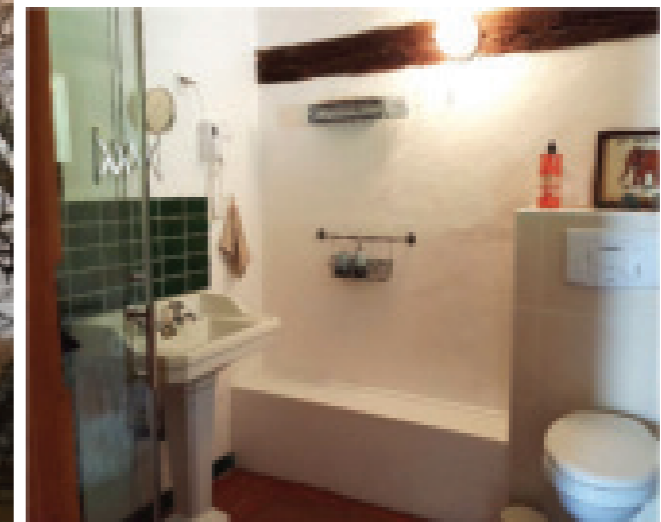
Spacious penthouse room with timberwork, on the first floor with en-suite facilities and underfloor heating. 2 or 3 single beds possible. One large roof terrace, shared with the neighbour room. It can also be used as a triple room.



roofTerrace roomTwo

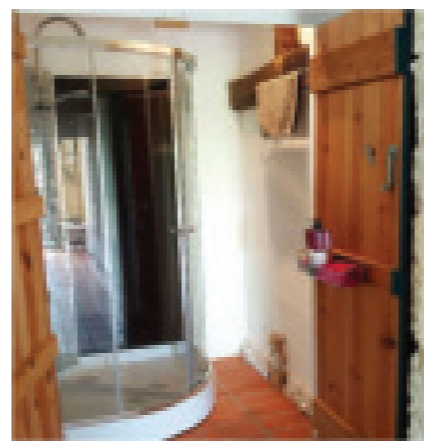
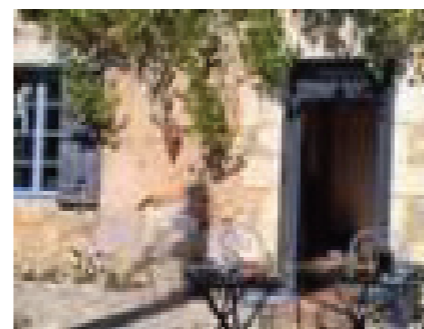
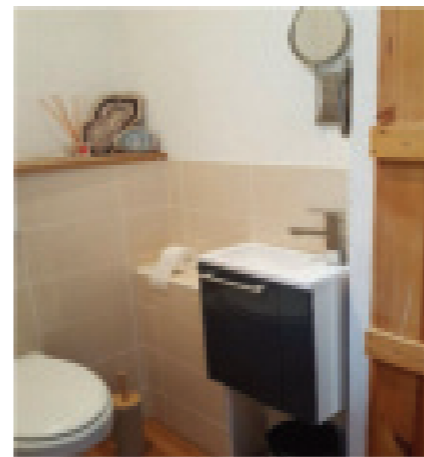
penthouse room with balcony and timberwork on the first floor. additional sink in the room. private bathroom, underfloor heating. Private balcony, spacious roof terrace, shared with the neighbour room.





terraceRoom

romantic and intimate terrace room with private bathroom and private terrace with a wonderful landscape view. this large room is furnished with two high-quality single beds and a sofa. It can also be used as a triple or quadruple room.



cottageRoom north east

spacious, romantic large two to four- bed room with sofa with open fireplace. wonderful view towards the sunrise. Shared bathroom , 2 rooms share 1 bathroom.



cottageRoom south east

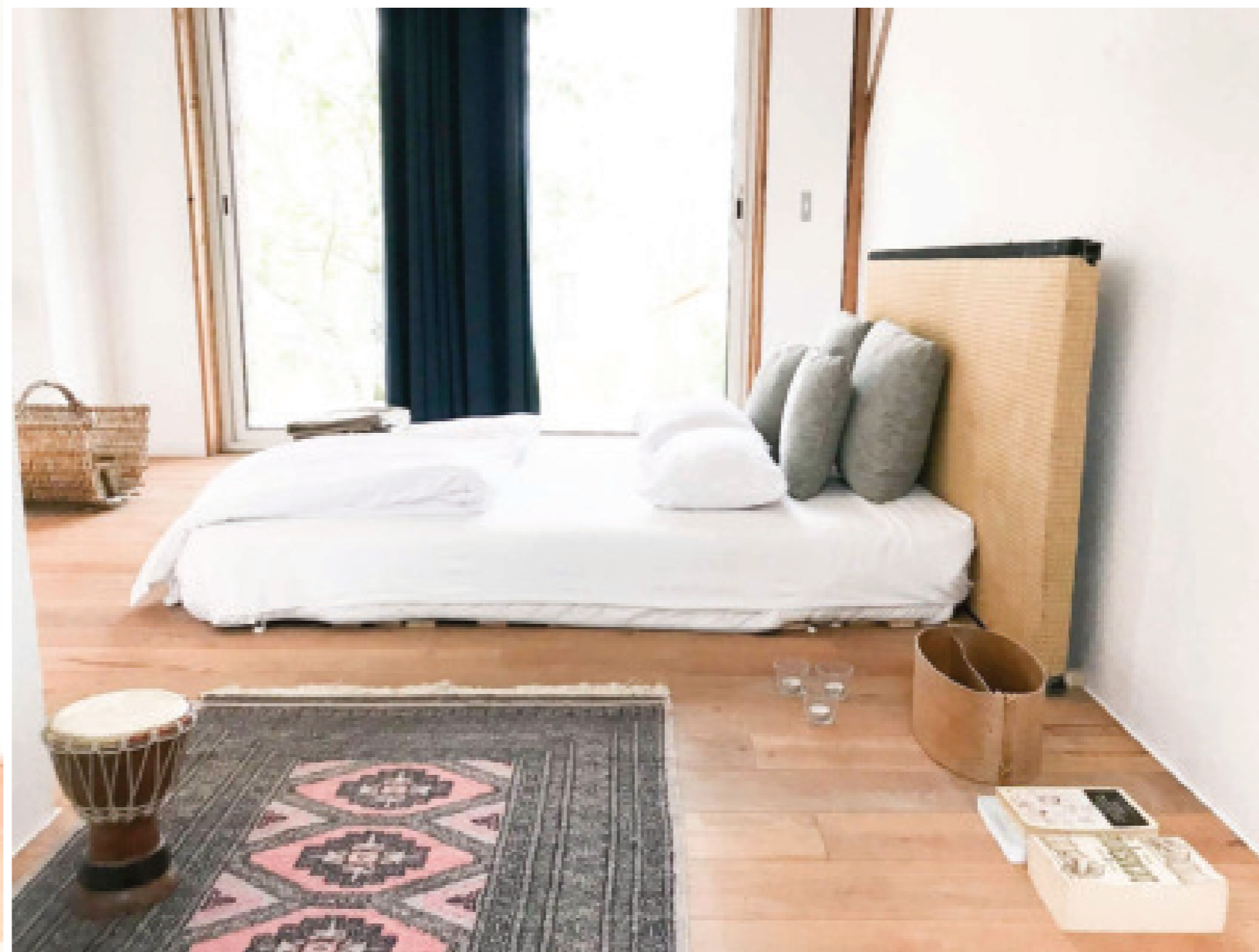
Spacious fireplace room with high ceiling, gallery, timberwork and bath. Magical views of the southern cottage garden and at sun- rise. Access via the ground floor corridor and separate garden access possible. 2 to 6 single beds. Sink in the room.



cosyCottage room

Smaller, romantic, very quiet room with desk and a wonderful view in the cottagegarden. Shared bathroom, see above, 2 comfortable single beds.





terraceRoom one

beautiful double room, wooden floorboards, shared luxury bathroom with walk-in shower, private terrace, garden and beautiful landscape view.



terraceRoom two

beautiful double room, wooden floorboards, fire place, shared luxury bathroom with walk-in shower, private terrace, garden and beautiful landscape view.



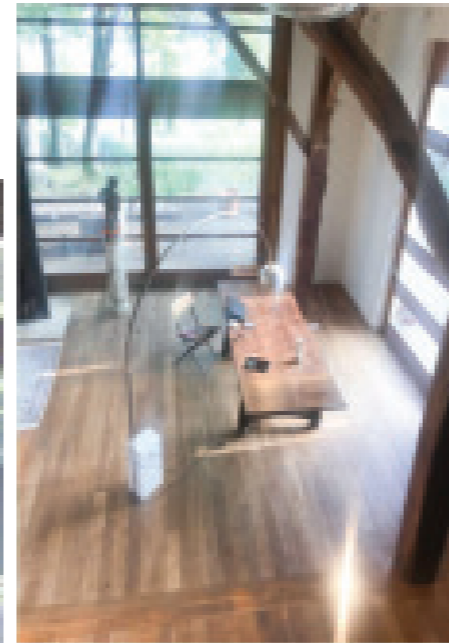
cosy terrace**Room** three

beautiful double room, wooden floorboards, luxury private bathroom with large walk-in shower, private terrace, garden and beautiful landscape view.

practiceRoom, dining, lounge + large yoga terrace



yoga practice: the yoga room provides space for 25 – 30 people



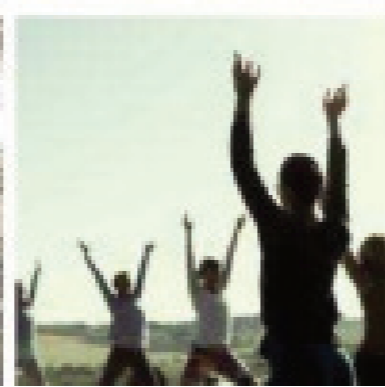
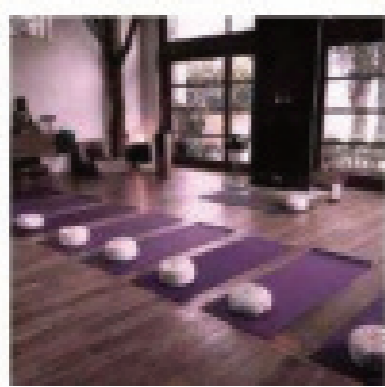
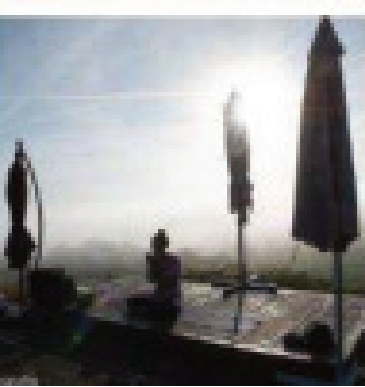
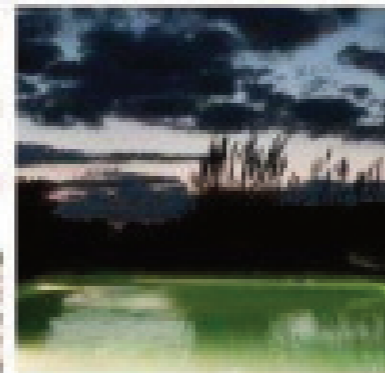
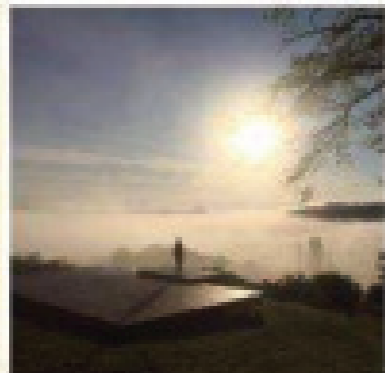
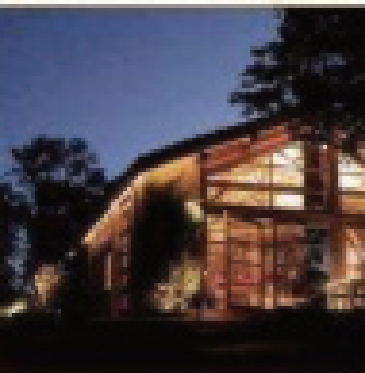












yoga and meditation equipment is on-site



invinity yoga terrace



dinning and relax . . .



heated pool

bookingTerms

arrangement **One . main house** - 6 nights / 7 days for 8 to 12 "maximum" 14 persons

description

hall, very large yoga and meditation room (aerial yoga possible), open living and dining room with two fireplaces, empore and a fully equipped island kitchen with drinking water filter system. two large and exclusive terraces, two large roofed terraces with dining tables and one poolterrace, romantic space between the buildings with lounge furniture, herb garden with gazebo. furthermore, very private use of the mediteranien park are with the large outdoor pool, the spectacular infinity yoga terrace for 30 persons, the wood-fired outdoor sauna and the fyerplace. The living area is about 560 sqm, the private garden area (guest area) about 15.000 sqm, Garden size total 25.000 sqm plus orchards, vineyards and forest areas.

further equipment: ceiling fans, floor heating, electric radiators, hair dryer in the baths, monitor, projector with screen, bluetooth surround system, free wifi, outdoor shower, barbeque, wool blankets, yoga mats- and stools, yoga pillows, belts and blocks. additional three bedrooms are still equipped with extra vanities. From three showers you have a panorama glazing the view into the park. Furthermore, one bedroom has a jacuzzi with exit to the garden, as well as a bidet and fireplace.

5 large double- or partly very large 3- and 4-bed rooms. 4 rooms with bath en suite and one wonderful bathroom near one double rooms on the 1st floor. 1 guest toilet. 3 bedrooms on the ground floor have direct access to the private park, 2 bedrooms on the first floor have access to the exclusive roofed terrace.

Also a single room reservation is possible against surcharge.

seasonal prices

from July 1 to September 30, as well as from December 15 to January 15,
the Easter holidays, the week of Pentecost and the autumn holidays.

all other times of the year

. price for the main house for 6 nights / 7 days

EURO

EURO

*the homemade chez zen catering, vegetarian /
ayurveda cuisine, as descrbed on the following pages,
is not included in the weekly rental price!*

. deposit for one group

= 400,- EURO - As well as proof of liability insurance!

. final cleaning of the house

= 400,- EURO

arrangement **Two** . main house + **historic cottage** – 6 nights / 7 days for 15 to 24 persons

10 suites + rooms + gallery. double- or partly very large 3- and 4-bed rooms

as described at arrangement ONE, but plus the historic cottage with its wonderful, private terraced gardens, three further terraces, hallway, four more double and multiple bedded rooms and the gallery, as well as three charming bathrooms and a kitchen. This building has a fireplace and two open fireplaces. the living area is about 160 sqm.

seasonal prices

from July 1 to September 30, as well as from December 15 to January 15,
the Easter holidays, the week of Pentecost and the autumn holidays.

all other times of the year

. price for booth houses for 6 nights / 7 days

EURO

EURO

*the homemade chez zen catering, vegetarian /
ayurveda cuisine, as described on the following pages,
is not included in the weekly rental price!*

. deposit for one group

= 500,- EURO - As well as proof of liability insurance!

. final cleaning of booth houses

= 500,- EURO

arrangement **Three** . main house + historic cottage + **bungalow** – 6 nights / 7 days for 26 to 32 persons

13 suites + rooms + gallery. double- or partly very large 3- and 4-bed rooms

as described at arrangementTwo, but plus the bungalow with its wonderful, private garden and terraces, three more double and multiple bedded rooms, as well as two charming bathrooms. This building has a fireplace. the living area is about 160 sqm.

This arrangement in particular also gives teams the opportunity to offer their guests many double and multi-bed rooms for exclusive use of single rooms. For many guests, this option is an important aspect of the service; for Ayurveda and holistic antiaging cures, this option is even absolutely necessary.

seasonal prices

from July 1 to September 30, as well as from December 15 to January 15,
the Easter holidays, the week of Pentecost and the autumn holidays.

all other times of the year

. price for this three houses for 6 nights / 7 days

EURO

EURO

*the homemade chez zen catering, vegetarian /
ayurveda cuisine, as described on the following pages,
is not included in the weekly rental price!*

. deposit for one group

= 650,- EURO – As well as proof of liability insurance!

. final cleaning of three houses

= 600,- EURO

notes

Group stays are bookable for stays of two nights or more. If less than five nights are booked, an additional charge of 10% per night will be charged. Earlier check in or later check outs are also possible, but a surcharge will be charged individually.

cancellation terms

Cancellation fee: 1.000,- EURO

In case of a cancellation 7 months before seminar start, the payments are refundable. (Except 1.000,- EURO cancellation fee.) After that, the whole amount is due (without cancellation fee).

cancellation of a seminar registration

For the cancellation or cancellation of a room reservation for a seminar stay, the following conditions apply: If you cancel up to 3 months before the start of the course, we charge 50% of the participation fee.

If you opt out later, the full course fee will be charged unless you substitute a substitute. This also applies to a premature departure from the event. We recommend taking out cancellation insurance. The transfer to another seminar is free of charge. We only charge a rebooking fee.

conditions for seminar cancellations and booking changes for organizers 2021 / 2022

If the trip is canceled up to 7 months before the start of the seminar, the amounts already paid will be refunded, with the exception of a processing and cancellation fee of EUR 1.000,-. Bookings can be reduced in volume for a processing fee of EURO 300,- up to seven months before the start of the seminar.

conditions special clause in the event of a pandemic

if it can be proven that an arrival or stay is not permitted due to government pandemic restrictions and laws, the booking can be canceled free of charge up to two days before the start of the journey. The payments made up to that point will be fully reimbursed minus a 3 percent processing fee.

on-site payment for bar and massages

Cash or bank transfer on site.

Bank data:

BANK BNP Paribas

IBAN FR76 3000 4010 3800 000 3 2603 838

BIC BNPAFRPPXXX

check in times

Check in at the day of arrival: from 3 pm (Deviations possible)

Check out at the day of departure: 10 am

An earlier arrival is not possible to allow our team a break. In case of deviating flight times and full bookings of our house, we offer our guests, however, the high quality replacement accommodation in cooperating hotels in direct local environment.

important

All rooms, which are not booked by the instructors 7 days before seminar start, can be used by CHEZ ZeN's network- and marketing operations or used for team members. The resultant fees belong to CHEZ ZeN.

Teachers and kids from 4 years onwards, are included in the number of visitors. In cases of damages by children, their parents are liable. Parents or other legal guardians are responsible for supervising minors and must provide proof of liability insurance when making a binding booking. Minors are not allowed to use the pool and sauna area without legal guardians.

The fee can be paid in 3 instalments. The first is due straight after booking confirmation in order to reserve the week. Teachers receive a booking contract with payment dates for the following instalments.

Luxury bed linen and towels for the bath and Pool for each guest are included. The wifi and Car Parking spaces are free.

general

Access to the laundry room of the main house is not permitted. regular care and maintenance work takes place on and in the buildings, as well as in the laundry room and in the outdoor facilities. We ask our guests not to move furniture or the stereo-equipment. It is not appreciated when interior furniture and textiles are placed in the exterior. On departure, all tables, as well as the kitchens should be wiped, also the floors swept left. the sheets should be removed. The household waste must be disposed of in the container on the left side of the car parking-area.

For insurance reasons, the CHEZ ZeN SAS. all simulator participants, including all team members who arrive, are named in writing before they arrive from the team management.

The sauna and also the indoor fireplace are gladly fired by our team on request. Retreats- and other guest stays are generally possible in the CHEZ ZeN Resort for up to 30 persons!

barrier-free acces

A large suite and two large double rooms are completely barrier-free to use, three large double rooms can be reached via an approximately 4 cm high door sill, two more via an additional approximately 8 cm high step. Access to the building, lounge and room dining, and four of the eight terraces is also barrier-free.

the use . . .

of the heated, big outside pool with shower, the open fire place, the nine terraces of all three buildings (if booked as an arrangementThree), the pool- and both roofterraces, the outside barbeques, the outside ping pong table with rackets, and carparking on the private property are included in the accommodation fee. Wifi, sound equipment and a projector available in the main guest house. The large Yoga outdoor terrace provides a socket.

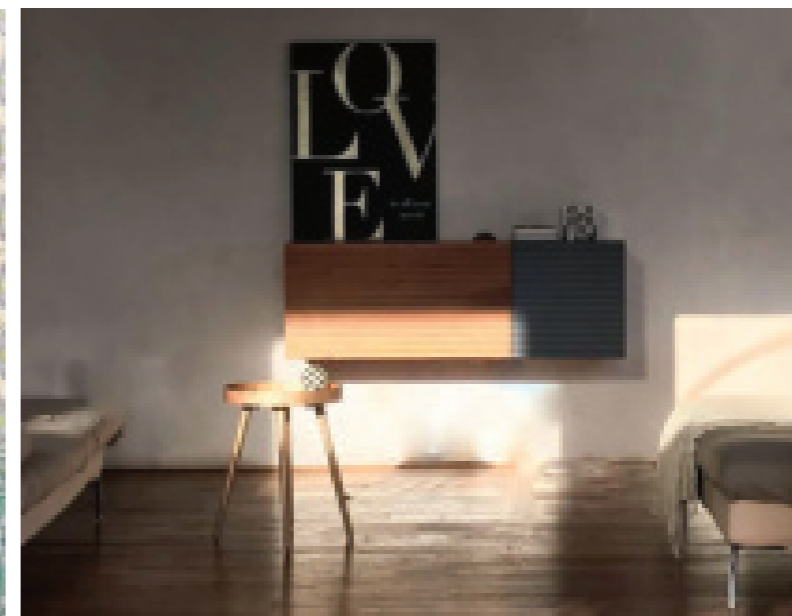
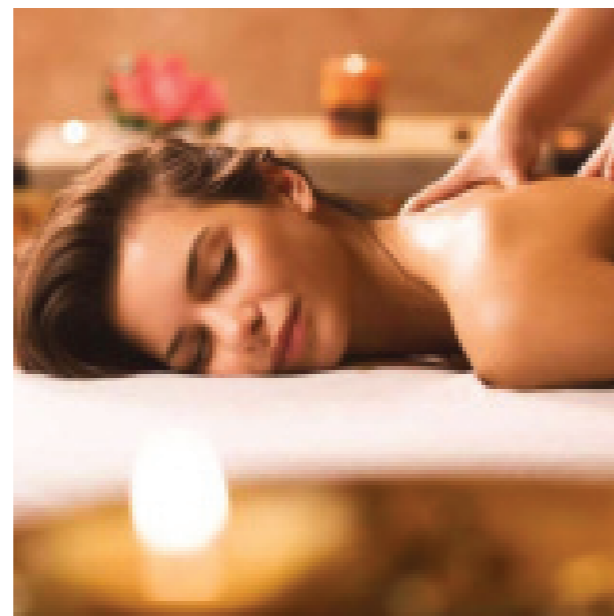
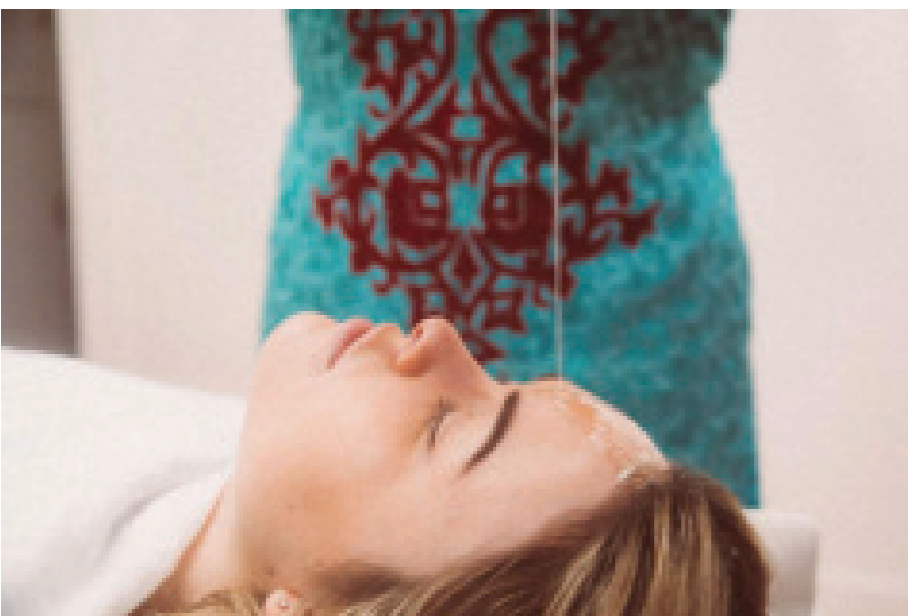
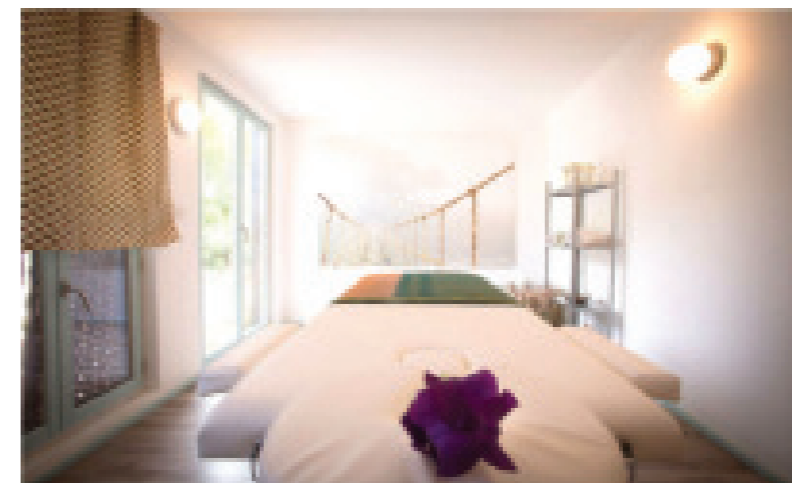
wellness & healing massages . ayurveda treatments + cures

Wonderful, regenerating and deeply relaxing hot stones, Hawaiian Lomi Lomi and japanese shiatsu massages can be booked and used daily by prior appointment. Price 78,- EURO for one hour / 60 minutes.

Ayurveda and holistic anti-aging healing and wellness cures can be booked according to the arrangements below. Individual sessions can also be booked as part of a retreat week, but should be coordinated before the start of the trip. The scope and type of treatments are individually designed for each guest.

Our doctor, psychologists and Ayurveda therapists team is happy to provide further information about our holistic and sustainable, individual and Ayurveda treatments:

- . detox Ayurveda panachakarma cure with yoga / 14 days
- . holistic anti aging seminar combined with integrated Ayurveda rasayana wellness cure / 10 days



CHEZ ZeN individually catering

We would be happy, to recommend our guests our local, private chef and his team. We offer for our guests super healthy and fresh cuisine, very extensive breakfast buffet, 3-4 courses of freshly in our house prepared lunch and dinner buffet Traditional to modern cross over cuisine, barbeque possible, vegetarian, vegan, gluten- and sugar free or ayurveda cuisine too. Hot and cold drinks are also included in the price, except alcoholic. Alcoholic beverages and freshly made smoothies are charged separately.

The catering is individually coordinated with each guest group and is only provided over the entire stay.

Food costs for breakfast, lunch and dinner per person and day: from minimum 48,- EURO.

a own chef, is not welcome on the part of CHEZ ZeN. however, inexceptional cases, it is possible to provide our commercial kitchen and related infrastructure against compensation for energy consumption and use. Important note: For all group stays of 10 adults or more or children including more than 12 people, for which no CHEZ ZeN - Full Catering is booked, the catering kitchen must be used!



sauna with wood-fired stove

The use of our wood-fired outdoor sauna is basically free of charge. However, we charge EUR 10,- per person and use for the complex heating service, as well as for firewood, the sauna towel service and the homemade herbal infusions.

bike rental

We provide our guests with either new lightweight luxury sports bikes or electric bikes, including helmets. the rental should be booked four weeks before the start of the trip and can only be done on a weekly basis.



bath towels for the pool

2,50 EUR per one.

laundry and ironing service

Only possible for a surcharge.

pets

We decide individually. Please write us and provide details.

cleaning

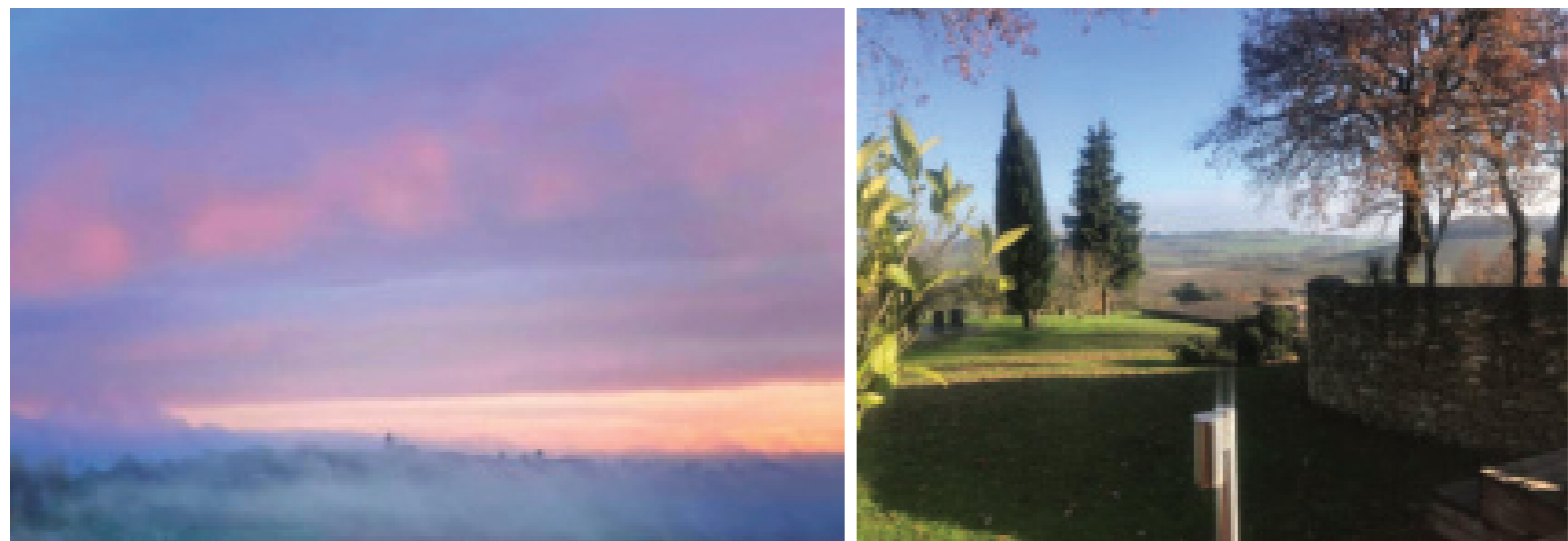
The final cleaning is made by CHEZ ZeN. If yoga mats are used, the members of the group have to clean them on the day before departure.

There is a dishwasher in the guests' kitchen. It is the choice of the seminar teacher if the participants have to put their breakfast and dinner dishes in and remove it out of the machine by themselves or if he pays our kitchen team for this work.

Bed linen should be removed, floors swept clean in the practice room and the household waste should be brought into the outer container. The moving of interior or exterior furniture is not welcome!

insurance.

The instructor must have a professional liability insurance for any cases of injury during the sessions. CHEZ ZeN is not liable for any kind of accidents and injuries, taking place on the property.



communication on-site

seminar instructor is the contact person between the participants and the seminar house. For queries of whatsoever reason, the participants are requested to contact the seminar instructor first. Then the instructor gets in contact with our team.

travel and shuttle options from the airport toulouse or bordeaux

We are happy to organize the airport shuttle service for our guests. Travel by public modes of transport.

Alternatively our guests can arrive from airport Toulouse as follows:

- . Airport shuttle up to Toulouse Main Station
- . Train to Auch
- . Bus to Fleurance
- . Taxi to CHEZ ZeN.

rent a car service

Our guests are also welcome to book inexpensive and attractive rental vehicle arrangements through our framework contract partners.

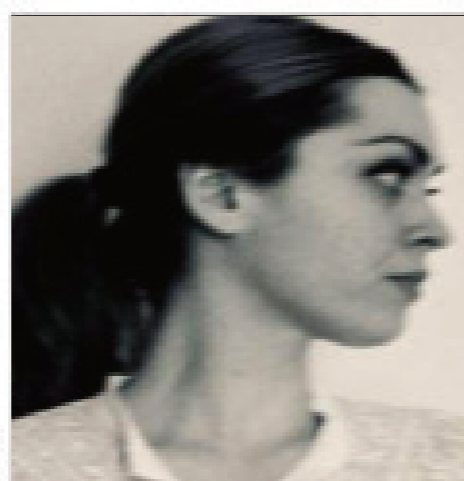
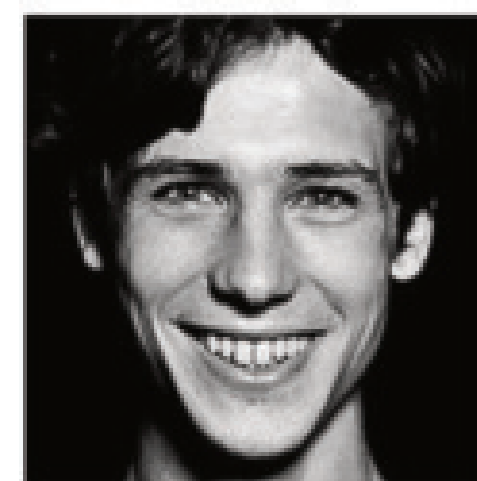
on-site payment for bar and massages

Cash or bank transfer on site.

advertising

We can provide you with images. The seminar can be advertised on the Chez ZeN Homepage and on the Facebook fan page, if requested. We also collaborate with international travel agencies.





contact [CHEZ ZeN management + some of the team france](#)

julian . location management france, artists trainer

sunny . retreat management, yoga and meditation teacher

amandine . yoga and hypnosis therapist. prenatal and children's yoga.

isab . business psychologist , yoga + meditation teacher . life coach



kim . yoga and meditation teacher

gwendolin . yoga teacher and hypnosis therapist

antoine . meditation and qi gong teacher

etc. etc.





CHEZ **ZeN** . holistic retreat SAS.

LIEU DIT La Tombe . F-32500 La Sauvetat / Occitane / Midi Pyrenees

zeN . human architecture . the holistic project development group

www.chezenretreat.com . welcome@chezenretreat.com