



## LULYANI SCHOOL - SCHOOL RULES

We are happy to welcome you for a Thai massage course or an Osteothai one. In order to live all together harmoniously during these few days, a couple of rules are needed, which we could call “community guidelines “.

We would like you please to read carefully the following; your agreement to these terms is a prerequisite to complete your registration.

### 1. RESIDENTIAL COURSES

We organise residential courses as we believe that living in the place where the class is held gives the possibility for each of us:

- to rest and feel rejuvenated,
- to take part of the morning yoga classes,
- to practice in the evening and review the sequences seen during the day,
- to get to know the other students and to live a transformative experience in a community.

In France, courses take place at La **Maison d’Amis** (Ste Cécile les Vignes - 84290). La Maison d’Amis is a place where seminars, trainings and other meetings are taking place. This is not a hotel meaning that this place sets up a complete infrastructure to accommodate our school. In return they provide the service to our students. So we strongly invite you to live deeply the course and experience fully live the experience of La Maison d’Amis by sleeping and eating there.

In the case you wouldn’t like to sleep there, [please contact us](#).

### 2. SCHEDULE

Please note that respecting the schedule and be present to the different parts of the massage course throughout the day are imperative.

On Day 1, class starts at 6pm.

On the last day, class finishes at 3pm at the latest.

*For example: course from October 2 to 7 : this means that October 2 is the travelling and arrival day at la Maison d’Amis. On that day the class starts at 6pm. The course will end up on October 7 at maximum 3pm.*

### 3. DEPOSIT POLICY

A registration is considered as definitive once the deposit has been received.

For courses in France the deposit is 200 euros, payable through bank transfer.

- *For a cancellation more than 1 month before the class, we will refund you 150 euros.*
- *For a cancellation less than 1 month before the course, there will be no refund.*

### 4. MEAL POLICY

We do our best at La Maison d'Amis to receive you in a nice and comfortable way.

It is possible to get gluten free and/or lactose free meals. Thanks to tell us about any food allergy (an allergy is not an intolerance).

The kitchen team will do its best to satisfy you and we will ask you to respect (and not to change) during the course the diet **you have initially chosen**.

**Please note that:**

- Any meal ordered must be paid for.
- **You cannot cook on site and we do insist on that.** You can bring some food to complete your dietary requirements (you have a small fridge at disposal). Please note that whether you are on full board or external, you cannot use the kitchen to prepare your meals, or use the pan, plates, etc...
- **For externals:** lunches are mandatory as well as the 1<sup>st</sup> dinner.
- **For people on full board:** we invite you to share the 3 meals with us (residential training). **In case you wouldn't like to for a particular reason please contact us.**

## 5. PRICE FOR FOOD & ACCOMMODATION

### Accommodation

#### *Full board:*

- in shared room : 35 euros per night
- in single room without bathroom : 40 euros per night
- in single room with bathroom : 50 euros per night
- extra night : 20 euros per night

#### *Externals:*

- 10€ per day for the use of the place.

### Food

#### *Full board:*

- 45 euros per day (3 meals)

#### *Externals:*

- 3 meals: 45 euros per day
- Breakfast and lunch: 28 euros
- Lunch or dinner: 20 euros
- Lunch & dinner : 36 euros

Included in those different prices are also fruits, dry fruits and seeds, herbal tea during breaks.

*Please note that payment for food & accommodation can be made only through cash or checks (no credit card).*

## 6. DIVERS

- Bedsheets are provided, please bring your own towel.
- Washing machine: 5 euros (*please ask La Maison d'Amis' permission before using*)

## 7. PRICES FOR COURSES

For a 6-days course in France:

- Thai Massage 1 or Thai Massage 2: **560 euros**
- Dynamic Thai Massage: **590 euros**
- Osteothai: **630 euros**