

NAMASTÉ

"Namasté"

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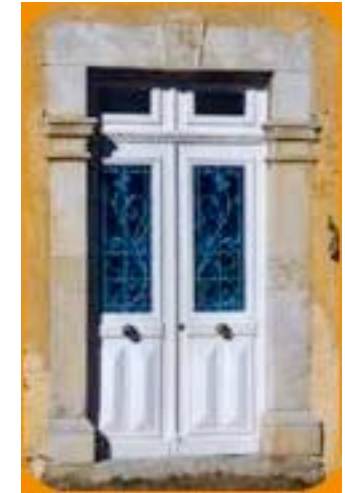


Namasté (meaning: "welcome, peace be with you" is in Galan, ☐ France, at the foot of the Pyrenees. Jean, Danièle and their ☐ children, originally from Provence, are waiting to welcome you to ☐ their 19th Century farmhouse which has been tastefully restored ☐ in the traditional style of southern France.☐

The "Maison d'hôtes" Namasté is open all year around with a cosy ☐ fireplace for the winter and a shaded terrace for the summer. ☐

Classified 3 Épis Gites de France.☐

- Dinner (by reservation only). Covered swimming pool.☐
- Seminars and courses, covering a range of topics from the Arts ☐ to personal development☐
- Regular live shows and events from Spring to Autumn.



THE ROOMS



Downstairs:☐

- 1 triple room facing north into the garden , the blue room☐
- 1 family room facing east into the garden, the bamboo room☐

Upstairs:☐

- 2 double rooms and one family room with south facing views into the ☐ courtyard.☐

All our rooms have large hotel quality double beds, twin beds (2x90cm) can be ☐ provided upon request. If needed, a baby cot is available free of charge.☐

All our rooms have private en suite facilities, each is restored with style and ☐ decorated with natural materials and a note of serenity.



LA TABLE



Meals are by reservation only.□

Jean prepares the meals (with some help from the family) which are predominantly [made with organic and locally home-grown produce.□

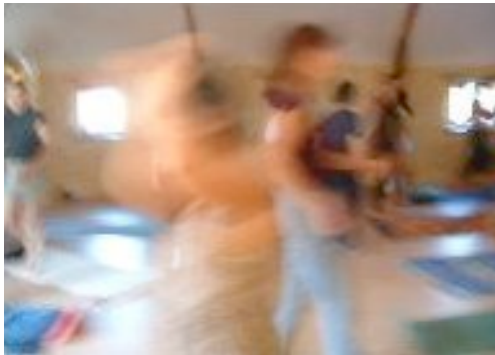
□

Local recipes are often modified with a touch of mediterranean flavour and, of □ course, fresh herbs from the garden.□

□



SHOWS AND COURSES



At Namasté we have been organising residential full-board courses and seminars for over 10 years. These cover a range [of topics based around personal development and well-being (tantra, yoga, zen, Tai-Ki, Gestalt, Felden Krais, etc.....) as □ well as the arts (theatre, singing, circus, music, etc.....)□

□

A huge room is available in the house for courses and, of course, the courtyard and stage area can be also used if □ needed.□

□

As the house has a limited number of beds, additional accomodation can be organised in local hotels and camping sites if [necessary (depending on each participant's budget).

From the spring through to the autumn Namasté proposes a programme of shows open to the public. Artists, both amateur | and professional, can choose between the courtyard and a 30 square metre stage set up in the barn. Theatre, comedy, □ music and song.....□

□

The spectators, often from a broad range of the public (locals, foreigners, holidaymakers, friends) meet for a drink after [the show and, despite language problems, everyone leaves with a positive memory of the evening.



OUR PRICES AND MAPS



Depending upon what you like doing, your hosts can indicate some beautiful country walks, some magnificent places to visit and a whole range of cultural events which take place in the region: concerts, festivals (jazz, cinema, country, etc.....), antique fairs, local markets, craftwork, etc.....

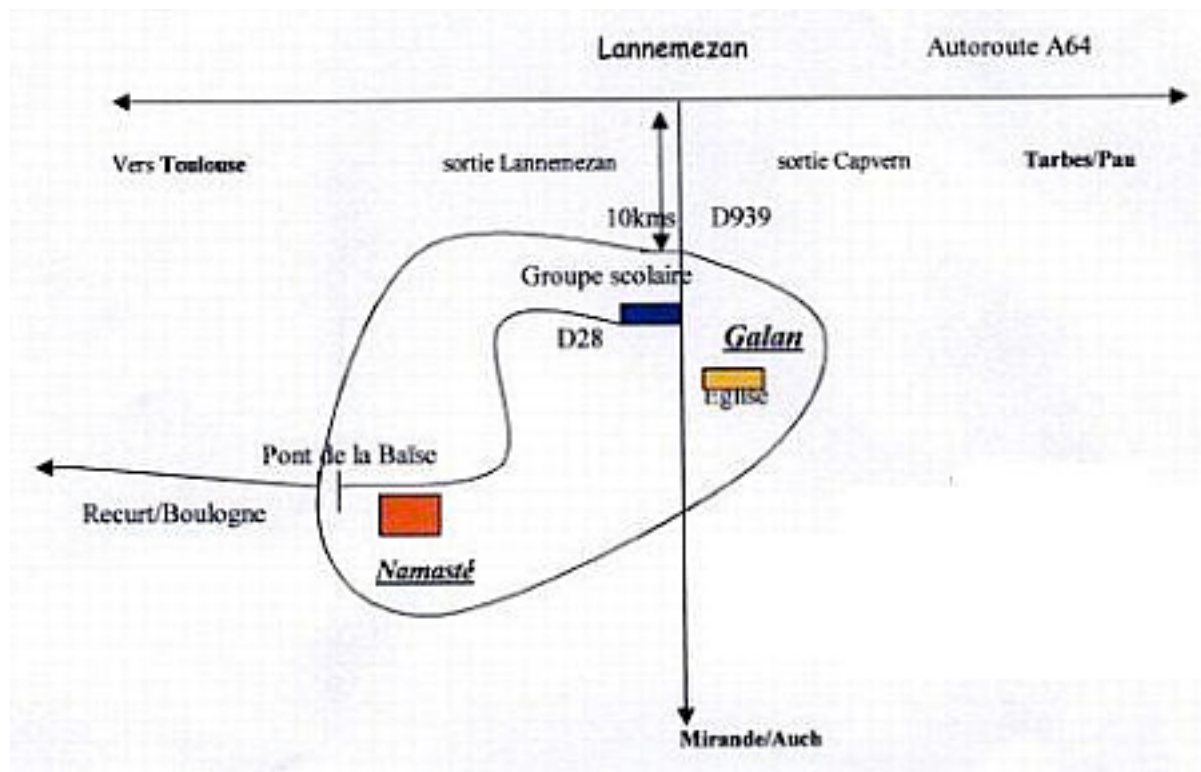
1 person 45€

2 people 55€

3 people 75€

Baby cot available on request

Meals by reservation
apéritif and wine
included 22€



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