

**Accommodation:** In the premises of the omnisports center, room with 2 to 4 beds with private bathroom, television, internet and wifi, meeting room. All bedding is provided but not linens

**Dining:** Meals are prepared on site and served in the Base's dining room. Breakfast is served as a buffet form from 8h00, with coffee, hot and cold milk, tea, orange juice, bread, cereals, butter and jam.

Served at the table (at 12h30 and 19h30) lunches and dinners are composed of two appetizers, a main course hot accompanied with vegetables and desserts

**Relaxation Activities:** From Monday to Thursday, from 14h30 to 16h30.

Provision of mountain bikes and canoes according to schedule.

**Payment of the meeting :** Payment 50% deposit at the registration and the balance the 1<sup>st</sup> day of the meeting

**Registration :** to be sent imperatively with the deposit necessarily attached to:  
Nicolas LIGNY - 975 Chemin des Courses - 13440 CABANNES- FRANCE

**Other accommodation options :**

At 5kms holiday village cottages of Port Lalande 47260 Castelmoron sur Lot.

Info and booking au 04.68.37.65.00

Mail : gb@grandbleu.fr/ Site internet : www.grandbleu.fr

Gîtes voir adresse sur le site : www.gites-de-france-47.com

### Options et price 2021

*Arrival on Sunday 17h00 -Departure on Friday 14h00*

**Option N°1\* :** Seminar + Full Board + Dojo + Activities 390 Euros

**Option N°2\*\*:** Seminar + 5 lunches + dinner on Thursday evening + Dojo + Activities  
(For those with outdoor accommodation) 245 Euros

**Option N°3 :** Seminar + Camping on the center + Dojo + Activities + 5 lunches  
+ Thursday evening dinner 271 Euros

**Other Option :** From Friday evening to Saturday morning  
(depending on availability of accommodation) 40 Euros  
Dinner + overnight accommodation + breakfast.

\* Accompagnant available : 260 €

\*\* People choosing the option to stay outside the sports center of Le Temple sur Lot have the obligation to take the Option N° 2.

**Informations and pre-order :** [temple@nihon-tai-jitsu.fr](mailto:temple@nihon-tai-jitsu.fr)