

Flora, Fleas, Scents, & Sensibility~South of France 2017



Paula Coleman, Floral & Horticulture Master Designer, invites you on a magical journey to explore your creativity, delight your senses, and enjoy the art of living well in the South of France, in Summer 2017!

Artisans making copper vessels, a 400 year old French Market, a fresh stream flowing down the middle of a street ~ these are just a few of the sights that await you in France during the summer season. ~

Our magical journey will begin on June 8th upon our arrival in France. We will meet at the Toulouse Airport and begin our journey south. We will travel to the tiny (Population 200) medieval village of Durfort. Durfort is an unspoiled, authentic village in the South of France that has remained untouched by time. Durfort is a artisan village located at the foot of a mountain gorge. Durfort is known for their genuine, handmade copper pots and vessels. Families have been making copper vessels since the 15th century. People come from all over France to purchase these

classic French Designs. The plentiful supply of fresh water from the Sor River assists craftsmen in the shaping and tempering of the copper. Freshwater streams still flow down the center of the streets in Durfort as they have since the beginning. After arriving in Durfort, we will arrive at LaCascade...our 17th century chateau, situated on the banks of a small river with a lovely waterfall off the outdoor terrace. The waterfall fills the rooms with music and lulls you to sleep in your cozy, private bedroom.

During our week in France, we will enjoy so many wonderful things that encourage you to relish in the art of living well, and inspiring your creativity within. We will enjoy the scents, food, and culture of the South of France in only a way that should be experienced first-hand. During our week-long retreat, we will begin by exploring our creativity through flowers and scent! We will discover how to incorporate flowers into our daily lives for health, happiness, and well-being. From there, we will forage the countryside and banks of the river for wildflowers and natural botanicals to create unique, French inspired bouquets. During our informal & relaxing workshop sessions, we will explore capturing the essence of your bouquets for your Pinterest Boards & Instagram accounts. Learning floral styling techniques to preserve your flowers for all time, even after the flowers themselves have faded. Many flower uses will be explored, such as drying flowers, pressed flowers, potpourri, waxed flowers, paper flowers, and harnessing the Mediterranean summer sun to create lovely botanical prints (suitable for framing or using in other crafts or quilting). Together, we will also learn the art of using botanicals and essential oils for our enjoyment and benefit. Including, creating your own custom perfume with your very own deluxe essential oils perfumers set (yours to take home to create custom scents as gifts) We will create all these things from our sun-lit, artisan studio at LaCascade.

During our retreat, we will immerse ourselves in French culture. We will visit a modern French Flower Shop, and learn the skills of European Design. We will visit the famed 400 year-old French Market in Revel, France. Named one of the 100 prettiest markets in all of France, where

French and local products abound! The lovely village of Revel was built in the 14th century, and is lined with old houses and galleries. A truly fantastic visual experience awaits as you enter the Revel market! Farm-made cheeses from the mountains, local produce, wonderful pates, cured country ham, sausages, wines, chickens, ducks, geese, preserves, eggs, fruit, milk, and of course, Flowers! A feast for the eyes as well as the palate with striking colors & mouthwatering smells!

We will also visit the Sunday Flea Market, a true treasure-hunters' paradise! You will want to pack light, to bring home one-of-a-kind relics & souvenirs from a bygone era. We will also shop for vessels to create our French inspired florals!

During our retreat, we will delight in our meals at LaCascade prepared by our very own private chef! We will dine on the terrace under the stars, and relax listening to the music of the waterfall. The freshest fruits & vegetables, cheeses, poultry, & fish will be offered daily. As well as delectable French Breads & Desserts! And, for the wine lovers in the group, there will be plenty of French wine served with dinner! As an added treat, during our stay, we will have an exclusive culinary class by our Chef Nese! (Pronounced Nesha) Our class will take place at LaCascade in their authentic French kitchen. Sharing her secrets and wisdom with our group, will prove to be a treat unto itself! We will have the added treat of savoring the meal we just prepared! This is sure to be a memorable experience, as we enjoy the company of each other.

To round out our week retreat, we will delight in excursions to nearby villages. There will be many surprises along the way, and much to discover! We will also relax and enjoy our creative endeavors...we will cherish new friendships made, and memories created. Come escape with us to LaCascade...a journey to renew your spirit, feed your soul, and ignite your senses!

~ **Who will enjoy this Journey:**

Flower Enthusiasts, People who love to travel, Lovers of Food & Culture, Lovers of French History & Culture, Crafters, Floral Designers, History Buffs, Artists & Painters, Food & Wine Aficionados, Architecture Buffs, Photographers, and lovers of Europe and all things beautiful.

Flora, Fleas, Scents & Sensibility in the South of France: June 8- June 15, 2017.

OUR HOST CHATEAU: LaCascade

LaCascade is located about 1 hour & 20 minutes from Toulouse Airport, and about 45 minutes from the city center of Toulouse, in the medieval village of Durfort, in Southern France.

LaCascade is a 17th century house that lies on the banks of a small river that flows between the valley. Encompassing three stories, LaCascade LaCascade sits on an authentic medieval village street with the copper artisans stream running down the lane. The name LaCascade came from the enchanting waterfall that sits off the back terrace. There are lovely riverside terraces with French Doors, breezy sun-filled rooms, a stonewalled living room with fireplace, cheerful sun-lit bedrooms, and a sun-filled artisan craft studio. Our week at LaCascade is reserved exclusively for our intimate group. LaCascade sleeps 12 guests (max). There is a Bed & Breakfast nearby that can accommodate overflow from LaCascade. (Space for LaCascade will be determined on a first come basis)

Our accommodations at LaCascade are charming sun-filled bedrooms that sleep two people. (Two twin beds). There are three full (modern) bathrooms. LaCascade also includes a sitting room, dining room, two riverside terraces, and a large, authentic French kitchen. Daily, freshly prepared Breakfast, Lunch, and Dinner are served. Wifi is also included.

Flora, Fleas, Scents, & Sensibility in the South of France 2017

20 Meals Included: 7 Breakfasts, 6 Lunches, 7 Dinners

QUICK PEEK DAILY OVERVIEW / ITINERARY:

Day 1: Wednesday, June 7, 2017: Your Flight Departs Your City

Day 2: Thursday, June 8, 2017: Arrive Toulouse Blagnac Airport

Arrive at Airport by 2:00 PM

Pick-up your luggage at Baggage Claim

Meet Driver for your Transfer

4:00 PM Arrive at LaCascade Retreat

Meet & Greet

Dinner will be served in the evening.

Day 3: Friday, June 9, 2017:

8:00 AM – 9:00 AM Fresh Breakfast Served

9:30 AM Introductions; Welcome Packet & Materials distributed

10:00 AM Custom Scent Perfume Workshop

1:00 PM Lunch will be served.

2:00 PM Afternoon Excursions; TBD

7:00 PM Dinner Served.

Day 4: Saturday, June 10, 2017:

8:00 AM – 9:00 AM: Fresh Breakfast Served.

9:15 AM Depart Market in Revel

1:00 PM: Lunch Served

2:30 PM Workshop; Intro to Flower uses; booklets distributed.

3:30 PM Forage for botanicals; Flower arranging & photo session

6:00 PM Evening Free to relax, read, take a walk, sit by the water

7:00 PM Dinner will be served

Day 5: Sunday, June 11, 2017:

8:00 – 9:00 AM: Fresh Breakfast served.

9:15 AM: Depart for Sunday Flea Market Shopping

1:00 PM: Lunch will be served.

2:00 PM Afternoon free to explore on your own, relax...

7:00 AM Dinner will be served.

Day 6: Monday, June 12, 2017:

8:00 AM – 9:00 AM: Fresh Breakfast served.

9:30 AM Forage for botanicals; Floral Styling & Photography

1:00 PM: Lunch will be served.

2:30 PM Afternoon excursion; TBD

7:00 PM Dinner will be served.

Day 7: Tuesday, June 13, 2017:

8:00 AM – 9:00AM: Fresh Breakfast Served.

9:30 AM Depart for Flower Shop

10:00 AM Flower Shop Tour & Visit *

*We may also visit an area nursery; TBD

1:00 PM Lunch will be served.

2:30 PM Forage for flowers & botanicals...

7:00 PM Dinner will be served.

Day 8: Wednesday, June 14, 2017:

8:00 AM – 9:00 AM: Breakfast will be served.

9:15 AM Workshop; Sun Print Art Project

11:00 AM – 1:00 PM: Culinary Class by Nese

1:00 PM: Lunch from our Culinary Class

2: 00 PM Afternoon Free to pack or explore on your own.

7:00 PM Farewell Dinner

Day 9: Thursday, June 15, 2017:

8:00 AM – 9:00 AM: Fresh Breakfast Served.

Departure: Please do not book your flight out from Toulouse before 10:00 AM, unless you are renting your own car.

At this writing, we are still arranging transportation; we will likely leave LaCascade at 10:00 AM to head back to Airport, still TBD

DETAILED DAILY ITINERARY / WEEK:

Day 1: Depart USA; Wednesday, June 7, 2017

Day 2: Thursday, June 8, 2017 Arrive Toulouse Blagnac Airport: Upon our arrival at LaCascade, we will get settled in to our rooms, and have an informal Meet & Greet. We will relax and get to know each other, and take a tour of the house and grounds. Welcome Bags will be distributed. In the evening we will have a welcome dinner to celebrate our upcoming journey!

Day 3: Friday, June 9, 2017 We will start the day with a freshly prepared breakfast. After Breakfast we will head to our sun-lit studio for the day's workshop. Together we will explore the world of scent. What better place to discover the wonderful & mysterious world of scent, than in the Perfume capital of the world ~ France! We will discuss how

flowers are used in the making of fragrances. We will also learn the History of Perfumery. We will learn how perfume ingredients are used, and their benefits. We will discover your unique scent by taking a “Perfume Personality Quiz”! During this scent series, you will make your own custom scent...your deluxe perfumers set includes 20 high quality fragrance oils, professional perfumers tools, glass measuring cylinders, glass vials, roll-on perfume bottles, blotter strips, funnel, recipe cards, and a 39-page Artisan Perfume Book with Perfume Recipes and instructions. Many popular aromatics are included, such as vanilla, Egyptian musk, lemon verbena, pomegranate, magnolia, & more! Comes in a beautiful gift box to store your collection.

After Lunch we will set out on an excursion...at time of this writing, yet to be determined.

Day 4: Saturday, June 10, 2017:

After our freshly prepared Breakfast, we will head out to the Market in Revel. This traditional, authentic French Market is over 400 years old. Operating only on Saturday's for the past 400 years, this is where the locals shop for the freshest food available from area farmers. The array of French products and food are a real treat, not to mention a foodie paradise! We will spend the morning at our leisure, shopping the stalls, and taking in the sights and smells! During our visit to the Market we will shop for flowers and be on the look-out for authentic French vessels and vases to use in our upcoming flower arranging class. Be sure to pack light...you will want the extra room in your luggage for your authentic French souvenirs!

For lunch, we may take a bagged lunch with us, if anyone would like to stay longer in Revel and shop the local boutiques. The Market usually ends around 1:00 PM. (Lunch: TBD)

After our shopping excursion, we will return to LaCascade and have a afternoon workshop using the flowers purchased at the market. We will have an intro into the many ways to use flowers in our daily lives. We will discuss many flower preservation techniques, and have a flower

arranging class, as well as a photo session to photograph our creations. We will also take an opportunity to forage for botanicals to complement our designs.

In the evening we will break for dinner on the terrace, and discuss the highlights of the Market!

Day 5: Sunday, June 11, 2017:

After our freshly prepared Breakfast, we will depart for the Sunday Flea Markets! A tradition in France, a visit to a brocante (French for flea market) can be a highlight of any trip to France! It is a wonderful way to have a lively encounter with the French people, and experience French culture. It is also a chance to discover that rare item, unique souvenir, or one-of-a-kind treasure to take home! The Sunday Flea Markets have something for everyone...not to be missed!

We will keep our eyes open for unique containers and vessels to use in our flower & photo workshops!

We may have lunch at the Market or return to LaCascade for lunch...(TBD) either way we will have Sunday afternoon free to relax, shop, read, stroll by the river, or do whatever you like!

Dinner will be served at LaCascade in the evening.

Day 6: Monday, June 12, 2017:

After our freshly prepared Breakfast, we will to enjoy the morning light and forage for fresh Hydrangeas by the river to complement our floral design class. We will learn the art of floral styling to add an element of spontaneity to our designs. We will discuss the best floral styling techniques for your Pinterest & Instagram photos. We will arrange our foraged flowers in vintage and antique vessels purchased at the Market.

We will also photograph our creations for the best, lasting souvenir.

At 1:00 PM Lunch will be served.

After lunch: TBD

Day 7: Tuesday, June 13, 2017:

After your morning Breakfast, we will depart for a local floral shop.

On our visit, we will learn how the French prepare themselves for a life in Floristry. We will tour their operation and gain much insight into European-Style Design. We will learn where they obtain their flowers, and learn the cultural differences in using certain colors, and varieties of flowers, and how this differs from the US. We will have an impromptu floral workshop at their atelier, and learn the *jeu ne sa quo* of French Floral Design! We will also try to visit a local nursery to view their growing operations. (TBD)

We will return to LaCascade for lunch.

After lunch, we will forage for unique botanicals to use in our Sun Prints Workshop.

Dinner will be served at LaCascade in the evening.

Day 8: Wednesday, June 14, 2017:

After our morning Breakfast, we will head out to the terrace for our Sun Prints Workshop!

We will harness the sun to make unique one-of-a-kind prints. These prints will be made using a special pretreated cotton sateen fabric sheet. The sheets are 8.5"x11" in size. After our prints are created, they are suitable for framing, or using in other crafts, and used in quilting.

We will use our foraged botanicals that we gathered by the river, to create these works of art. The botanical items will create a negative onto the fabric in the image of the leaves, flowers, twigs, etc. that is placed on the top of the fabric, and then placed in the sun. We will have fun experimenting with different items and watching the images magically appear! (you will have your own set of 10 sheets)

Before lunch, beginning at 11:00 AM, we will have an exclusive culinary class by our private chef, Nese! This will be a unique &

bespoke experience, and will be a highlight conducted in an authentic French Kitchen! We will dine on the fruits of our labor, and savor both the food and the company!

After lunch, we will have the afternoon free to pack and relax.

In the evening, we will have a Farewell Dinner to celebrate our new friendships, and reflect on our authentically French journey!

Day 9: Thursday, June 15, 2017:

After our morning Breakfast, we will prepare to depart for the airport.

We will gather to say our final farewells and share any thoughts about the trip.

At the current time, transportation arrangements are still being made.

Please do not schedule your flight out of Toulouse before 10:00 AM, unless you are intending to rent your own car.

Ideally, we will likely leave LaCascade at 10:00AM or 11:00AM, and travel to Toulouse Airport for flights departing at 2:00PM or later.

If you wish to have pre or post nights in Toulouse this can be arranged. Please let us know if you are considering staying extra days.

Travel Insurance is available for your Scents & Sensibilities South of France Tour. This covers trip cancellation, job loss, illness, or cancel for any reason. Premium varies according to your flight costs. Please let us know if you would like a quote for travel insurance, and if you would like to add travel insurance to your trip.

Our Itinerary times and activities could change as final preparations are ongoing. Special considerations may have to be made for weather or holiday times during our stay. Once we know a firm number of participants, we will be finalizing all reservations and details of transportation and workshop times.

PRICING SCHEDULE: (FOR WEEK June 8 – June 15, 2017)

Prices listed are per person.* Includes all Taxes, Fees, & Gratuities.

7 Night All-Inclusive Package includes:

Seven Night Accommodations at LaCascade, Durfort, France

Full, Delicious Meals Daily, plus Dessert & Wine with Dinner.

20 Meals as indicated below.**

Transfers and Transportation to Excursions for the week (See Below+)

Designer Fees, Materials and tools for all workshops.

*Flights are the responsibility of each participant.

**Meals: 7 Breakfasts, 6 Lunches, 7 Dinners

TOTAL: All-Inclusive package: \$2975.00 per person dbl occupancy (Single Supplement Add + \$350.00 to above total to final installment)

+Transportation: Some attendees may prefer to rent their own car and drive...if you prefer NOT to rent a car, add+ \$250.00 per person for all transportation for the week, for airport transfers and excursions.

REGISTRATION, DEPOSITS & PAYMENTS:

Pre-Registration: To hold your space for this trip please RSVP your intent to participate by February 28, 2017. (space 1st come, first serve)

Deposit Due to secure your spot: \$500.00 USD pp Due by February 28, 2017 (Fully Refundable until March 14, 2017)

Second Installment of \$1000.00 USD due by April 1, 2017 (Non-refundable)

Final Installment of \$1475.00 USD is due no later than May 1, 2017 (Non-Refundable) If you need transportation add+ \$250.00 to the final installment. Travel Insurance Required. (If space available, reservations will be accepted up until final payment date of May 1, 2017.) Credit Card Payments will incur a small processing charge of 2.3 – 3.6%

REGISTRATION FORM*

Scents & Sensibility South of France 2017:

*Please fill out one form for each person traveling.

Traveler Name: _____

Address: _____

City: _____

State: _____

Country: _____

Phone: #1: _____ #2: _____

E-Mail: _____

Emergency Contact: (Required)

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Relationship: _____

Food or Drug Allergies/Special Needs: _____

I need Transportation in France: Yes: _____ No: _____

I would like extra nights pre or post date at hotel: Yes: _____ No: _____

I need travel insurance: Yes: _____ Accepted No: _____ Declined

Traveling with: _____

Signature: _____ Date: _____

CREDIT CARD PAYMENT AUTHORIZATION FORM:

Name on Card: _____

Credit Card Type: Visa MC AMEX Disc

Issuing Bank: _____

Card Number: _____

Security/CVC Code: _____ 3 digits on back, 4 on front AMEX

Exp. Date: ____ / ____

Billing Address: _____

City: _____

State: _____ Country: _____

Billing Zip Code: _____

Phone Number: _____

Deposit Payment: Amount: _____

2nd Installment Payment: _____

3rd Installment Payment: _____

Check Payments: Deposit: _____ Check #: _____

Installment: _____ Check #: _____ Balance: _____ Ck.# _____

Mail Checks to Paula Coleman P.O. Box 1485 New Albany, IN. 47150-1485

I hereby authorize Paula Coleman to charge the above card for Deposit and or Installment Payments in the amounts I have indicated above.

Signature of Card Holder: _____ Date: _____

FREQUENTLY ASKED QUESTIONS:**1. Do I have to participate in all activities?**

A. No. Of course, to get the most from your experience, participation in all activities is encouraged. However, this is your retreat, and you may feel free to experience it as you wish.

2. Do I need Floral experience?

A. No. The trips are designed for all skill levels, and designed to inspire your creativity!

3. Why are there “Free” afternoons/evenings during our trip week?

A. The trips are designed to have a balanced pace that will appeal to everyone. Some people like to have time to explore and discover our destination on their own. And, to possibly visit an attraction that is not on our itinerary. And, some people like to simply have a break after several busy day excursions.

4. What is the pace of the trip?

A. Leisurely. Participants should be in good physical condition, able to walk over cobblestone streets, handle moderate steps, and carry their luggage if necessary.

5. What type of Currency is used?

A. The Currency is the Euro

6. How much money should I bring?

A. This is discretionary for everyone, however, you should have a small amount of U.S. Dollars if flying in/out of American Airports & Tipping Baggage Handlers. You should also exchange money into Euros before you leave for use once you arrive at our Destination. You can exchange currency at your bank or at any U.S. AAA location. This sometimes can take up to two weeks, so be sure to get your currency ahead of time. You can also exchange money at the airport, but the fees are usually much higher. I suggest having cash in Euros to make small purchases, and for places that may not take credit cards. There are ATM machines available in most city center locations. As a general rule, most shops accept credit cards.

(Unless they are a very small business.) You should check with your credit card company and ask if they have any foreign exchange fees if you use your cards in Europe. You should also notify the issuing bank of your credit and ATM cards and let them know that you will be traveling out of the country. This way they won't think your cards have been stolen, as they will block usage of your cards if you don't notify them that you are traveling. As a general rule, I like to have at least \$50.00 per day in cash on hand, just in case. Check www.xe.com for the latest exchange rates.

7. Do I need a Passport?

A. Yes. You need a Passport from your Home Country where you reside. You need to apply at your local passport authority or U.S. Post Office for your Passport Credentials. In peak travel times, such as Spring & Summer, this can take up to 12 Weeks! So be sure to apply early! If you already have a Passport, check the expiration date to be sure your Passport is up to date and not close to expiring! We have U.S. Passport applications and Renewal Applications available free of charge. Just let us know.

8. Do I need a Visa?

A. No. If you are traveling from the U.S. you do not need a Visa. If you are traveling from a country outside the U.S. it is best to check with your government or document issuing authority.

9. What Language is spoken?

A. The official language is French. In the small villages mainly French is spoken, but English is spoken in most areas. As a courtesy you should learn a few French greetings & pleasantries in respect to the locals.

10. What is the best way of getting to LaCascade from the Airport?

A. The easiest way is a transfer from the airport, which is provided for an extra fee. Some attendees choose to rent their own car from the airport. If you intend to rent your own car, you should do so before arriving in France via the internet. (as it is much more expensive to rent a car upon arrival). You will need your

US Drivers License if you intend to rent a car. We have driving directions available if you need them. Europe by Car, and Auto Europe are good rental car options. Automatic transmissions are more expensive than Manual transmissions.

11. What is LaCascade Address?

A. LaCascade

27 Rue des Martineurs

Durfort, France

Phone From US: 011-33-05.63.75.91.28 Within France:
05.63.75.91.28

12. Will I receive any other information prior to my trip?

A. Yes. You will receive updates, suggested packing lists, travel suggestions, suggested reading, travel alerts, and more!

13. Who will be my main contact person in case I need to reach someone?

A. Paula Coleman will be your main contact. There will be a secondary contact person announced at least 60 days prior to departure.

14. Are the bathrooms shared?

A. Yes. Because LaCascade is an authentic French residence, built in the 17th century there is not a bathroom for every bedroom. There are three full bathrooms at LaCascade with modern amenities. One is on the first floor, and two are on the second floor.

15. What is your contact information in case I have a question that is not listed here?

A. Paula Coleman E-mail: paulajcoleman@outlook.com

B. Mobile Phone: +1-812-989-3351

C. Office Phone: +1-812-945-3596

D. Mailing Address: P.O. Box 1485, New Albany, IN. 47150-1485

E. Office Address: 1860 Mellwood Avenue #176, Louisville, KY.
40206

NOTES: Write any questions or notes here.





