

Practicing for Peace Dojo

South of France

19 April 2018 at 6pm to 22 April at 2 pm

Wherever practitioners show up and are ready to learn and teach both, there the dojo arises.

You are invited to a three-day residential dojo to learn and to teach in a beautiful setting with other passionate about practicing peace.

In dealing with the challenges, complexities, and demands of modern life, this gathering offers us an opportunity to explore ways to work from a place of peace and strength: a place that has the heart at the centre, is balanced, calm and clearly decisive when action is needed. Through guidance and fellowship, let's explore practices that offer insight into the nature of leading self and others as a 'Practitioner of Peace'.



The Dojo



In this dojo, we will:

- Bring together the principles and practices of **Aikido** basics as a stimulus for conversation and reflection, and apply the **Flow Game** to seed wise action
- Assist to explore ways of engaging and aligning personal passion and purpose with the work we want and need to be doing in the world
- Offer an opportunity to focus on improving our sense of well-being in good company and with informed guidance
- If you'd like to read more about the Dojo, please click [here](#).

The Team

This gathering is being organised by Toke, Marc and Nadine. Toke is the host and facilitator of the dojo; Toke is a warrior of the heart Aikido practitioner and host of participatory leadership processes. He is a co-creator of The Art of hosting, The Flow Game, The Practicing for Peace dojo and Designing for Wiser Action.

Dates & times

Thursday 19 April 2018 Dojo starts: 18:00

Sunday 22 April Dojo ends: 14:00 after lunch.

Note: You are welcome to arrive earlier to settle in and stay longer and enjoy the area. Please make personal arrangements with the Domaine de Nabes.

Location & Accommodation

Location near Montpellier in the South of France

<https://domainedenabes.fr>

Ideally located in the municipality of Moureze, 4km away from the Salagou Lake, the Domaine de Nabes is surrounded by hundreds of hectares of forest. You can enjoy regenerating holidays in this heaven of peace and you can also spend short stays during a seminar or workshop.



Serenity reigns in the heart of a natural living theatre with rich flora and surprising fauna.
The Domaine de Nabes is settled in an ancient site dating from 27 BC.

Accommodation

This is a residential workshop and you can be accommodated in the Domaine de Nabes itself. Here are the various possibilities

There are 4 houses (gite) with 3 types of room: triple or quadruple, double and single.

- Gite Le Micocoulier: 8 rooms for 15 people altogether
- Gite Le Chene and gite L'Arbousier each with 2 bedrooms for 4 people (1 room with a double bed and 1 room with 2 single beds).
- Gite Le Genevrier with 2 bedrooms for 4 people (2 single beds in each room)

Prices: including bed sheets and towels

Triple or quadruple room: 33€ per person per night

Double: 37€ per person and per night

Single room: 77€ per night

In the following document you will be able to choose your room and with whom you want to share, if you chose to do so... and if there are still some rooms available in that category. First come, first served...

https://docs.google.com/spreadsheets/d/1rD5nwfMEW4lIPWqJdXEI7gMZyvWagM-KmkF_Z5cw1LE/edit#gid=0

You will make your reservation directly with the Domaine de Nabes and pay to them.

<https://domainedenabes.fr> by email: bonjour@domainedenabes.fr

***Note:** if you stay alone in a double or triple room then you will be charged the price of a single room.*

The Domaine de Nabes is 45 minutes away from the city of Montpellier which has an international airport and a train station, connected to all the main cities in France, including by fast TGV train to Paris and Marseille as well as Barcelona.

From Montpellier you can reach the Domaine de Nabes by car or by bus.

Flight: You can fly into:

Transportation

- **Montpellier Airport** international airport (an hour drive to Le Domaine de Nabes, you can rent a car. You can also take a shuttle to Montpellier city centre and then a bus very close to where the workshop is. See below.
- You can also **fly to Paris CDG** and then take a TGV fast train to Montpellier directly from the airport.

Train:

- You can take a fast TGV train directly from Paris **CDG airport** (4 hours) or from the centre of **Paris** to Montpellier Saint-Roch train station (3,5 hours).

Bus: From **Montpellier** Mosson bus station you can take bus n° 303 or 485 towards Bedarieux, with a stop at SALASC, 200m from the Domaine. It takes about 1 hour.
Timetable [here](#) <https://domainedenabes.fr/contact/>

Here is a link to a ride share page. It will also help all of us see who is coming from where and what are the transport needs and offerings that might help each of us reach more easily the Domaine de Nabes.

<https://docs.google.com/spreadsheets/d/1Po-K6xtnNbhkcIPRt9WXUQw3Amnh1GLILKAiP-K41bA/edit#gid=0>



Fees & Co-responsibility

The following fees are for participation and meals. (This is the base cost per person)

Individual Registration: 400 € (incl. VAT)*

** This includes the practice and venue as well as the food for each day including tea breaks. Accommodation is extra, please see the specific section.*

Some thoughts on fees

We want it to be possible for anyone who sincerely wants to step into this dojo and practice their passion to come. This means we are encouraging everyone who can to pay the full fee as this will provide the strongest economy for this to happen. This is why we kept it to the very minimum. We are also warmly encouraging early registration for the same reasons.

Scholarships

If you cannot afford the full fee, please get in touch. We will absolutely do what we can to make it possible for you to join us. Think about what sort of contribution you can make to honour the experience and training being given. If you would like to speak to someone about a scholarship please email marc.levitte77@gmail.com and we will get back to you.

How to Pay?

You can register by visiting this website: <https://www.weezevent.com/practicingforpeace-a-warrior-of-the-heart-dojo>

Please note: *this workshop is residential and*

The practice of generosity

If you can pay the full fee plus make a gift of any size this will go towards sponsoring someone else's participation. We particularly hope those on low incomes and young people/students can benefit from this generosity in the practice of peace.

accommodation is made separately following this link:

https://docs.google.com/spreadsheets/d/1rD5nwfMEW4lIPWqJdXEI7gMZyvWagM-KmkF_Z5cw1LE/edit#gid=0

And then paying directly to the Domaine

<https://domainedenabes.fr/contact/>

Please note:

- *Registration is confirmed once the payment is received.*
- *A gentle reminder that early registration is encouraged so our budget is clearer.*

Cancellation policy

The tricky thing in preparing for an event is that all the planning depends upon the number of people who come. As a result, we are trying to get the clearest possible sense of attendance in order to prepare ourselves and the venue without incurring high fees for cancellations.

- If you cancel your registration on or before March 10th, you will receive a full refund of all participation fees minus a 50€ deposit.
- If you cancel between the March 11th and April 5th, you will receive 50% of your total fees.
- From April 6th we must charge full fees.
- You may of course give your place to someone else without any surcharge.

After Registration

Once you have registered and completed the payment, you will receive confirmation of your place at the Dojo including some questions. We design the Dojo based on your answers to these questions - help us meet your needs by submitting them!

Turning the
"wasted" conflict
energy into a
force for
peace +
wellbeing
for everyone