

# **MANI RETREAT**

## ***5 May to June 2009***

### **with Lama Zopa Rinpoche**

#### **HOW TO GET THERE**

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**Vajra Yogini Institute** is situated near **Lavaur**, in the Tarn, 45km east of **Toulouse**, in the south-west of France. If you come from afar, you can take the airplane to TOULOUSE or come from PARIS by train.

#### **How to get there :**

**By airplane :** you arrive at TOULOUSE-BLAGNAC airport, 50 km from the Institute. You can then take a shuttle from the airport to Toulouse SNCF train station (5€) then a train to LAVAUUR (8€, see below). We can also try to arrange a taxi for you (between 50 et 75€ depending on the time of day and the number of persons).

**By train :** you arrive at TOULOUSE train station. There are connections to LAVAUUR (CASTRES-MAZAMET direction) at 7h44, 12h24, 14h17, 16h50, 17h23, 17h54, 19h06. The journey takes about 40 mn.

Buses to LAVAUUR can be taken from the coach station in TOULOUSE, which is next to the SNCF train station. You can telephone us or send us an email when you know your arrival time in LAVAUUR. The SNCF train station is 15 minutes from the Institute and we can come and pick you up.

- **From Paris** by car : take the **Orléans-Bordeaux** direction.

Take the **A20** after Orléans, direction **Vierzon/Limoges/Toulouse**.

Leave the **A20** at the **Montauban** exit N°66, direction **Castres**.

Follow the **Castres/Lavaur** direction for 50km until you reach **Lavaur**.

- **From Toulouse**, take the Albi motorway (direction **A68**) to the n°6 exit - then take direction **Lavaur**.

- **From Lavaur**, follow direction **Castres** for 3km ( **D112**) then take a right turn onto the **D12**, direction PUYLAURENS/MAGRIN.

The access road to the château is 2.5km further on on the right. Look out for the 'Institut Vajra Yogini' signs !

Welcome to the château!

If you find yourself in Marzens village by mistake, you'll find an 'Institut Vajra Yogini' at the village exit.....