

🇬🇧 **SUMMER COURSES 2026 IN SAINT-GAUDENS** 🇬🇧
(1 hour from Toulouse)



In July 2026, a summer training period will be organized by Yoshinkan Aikido Efay during the first half of July. This period will offer several types of courses to choose from:

- 1• Two classic weekend courses, to choose from: July 4–5 and July 11–12.
- 2• During the week from Monday, July 6 to Friday, July 10, two different types of courses will be offered, in the morning and in the afternoon:
 - A• Mornings: a classic course open to all, from 9:00 a.m. to 12:00 p.m. (3 hours, indivisible).
 - B• Afternoons: 3 hours of classes (indivisible), structured as follows:
 - One class focused on technical improvement (1 hour)
 - One class focused on the study of grading exam techniques, all levels (1 hour)
 - One instructor and assistant instructor class (1 hour)

Depending on the selected options, participants can choose according to their personal goals.

It also offers the opportunity to come as a family and combine Aikido, holidays, and macrobiotics. It is also possible to extend your stay before or after the courses, depending on the reservations you make directly with the Cuisine & Santé Center.

IMPORTANT: These workshops will be maintained or not depending on the responses and the number of participants. Your reply to the survey, as well as payment to confirm your booking, are therefore expected as soon as possible.

Registration via the “Cally” poll does not constitute a confirmed booking. Only payment for the selected courses will confirm whether the courses will take place, depending on the number of participants.

If the courses have to be canceled by Efay — **and only in this case** — all payments made will be refunded. If this happens, a bank account details (RIB) will be requested in order to process the transfer and return the amounts paid.

IMPORTANT: Please note that no amount paid will be refunded in the event of cancellation by the participants.

ACCOMMODATION AT THE CUISINE & SANTÉ CENTER

Reservations for accommodation (which also includes three macrobiotic meals per day) must be made directly with the Cuisine & Santé Center via the following link:

<https://www.cuisine-et-sante.com/CES/fr/Reserver.asp>

Various accommodation options and price ranges are available. Meals are included in the prices displayed on the Cuisine & Santé booking website.

A 20% discount — except for dormitory accommodation — on the rates shown on the booking site is offered by the Cuisine & Santé Center for Aikido course participants.

For further information on these matters, please contact the Cuisine & Santé Center directly:

Tel.: +33 (0)5 61 89 75 14

Email: **renai@cuisine-et-sante.com**

COURSE FEES AND CONDITIONS

The prices below apply to AIKIDO only.

Accommodation costs must be added (see the link above).

The amounts shown on the booking site include three macrobiotic meals (breakfast, lunch, and dinner).

From these prices, a 20% discount should be deducted (except for dormitory accommodation).

For any information regarding Aikido:

Tel.: +33 (0)6 60 44 73 00

Email: **aikido.yoshinkan.france@gmail.com**

Aikido fees only

Formula	Payment before May 15, 2026	Payment after May 15, 2026
1 weekend only (12h)	80 €	100 €
2 weekends (24h)	160 €	200 €
5 mornings (Mon. > Fri) – classic classes (15h)	120 €	150 €
5 afternoons (Mon. > Fri) – specific classes (15h)	180 €	225 €
1 weekend + 5 mornings (Mon. to Fri.)	200 €	250 €
1 weekend + 5 afternoons (Mon. to Fri.)	260 €	325 €
1 weekend + 5 full days (Mon. to Fri.)	540 €	675 €
2 weekends + 5 mornings (Mon. to Fri.)	280 €	350 €
2 weekends + 5 afternoons (Mon. to Fri.)	340 €	425 €
2 weekends + 5 full days (Mon. to Fri.)	620 €	775 €

The prepayment for the courses must be made using the EFAY bank details (École Française d'Aïkido Yoshinkan) provided below :

RIB - identifiant national de compte

National Bank Account Number

ETABLISSEMENT	GUICHET	N° COMPTE	CLÉ RIB	DOMICILIATION
20041	00001	1354314L020	30	PARIS IDF CENTRE FINANCIER

L'identifiant international de compte est intégré au présent relevé d'identité bancaire. Cet identifiant a été créé pour faciliter les règlements transfrontières.

IBAN - Identifiant international de compte

International Bank Account Number

FR6920041000011354314L02030

BIC - Identifiant international de l'établissement

Bank Identifier Code

PSSTFRPPPAR

TITULAIRE DU COMPTE

Account Owner

EFAY

Access to the Cuisine & Santé Center

- **By train:** Saint-Gaudens railway station, then a 5-minute taxi ride.
- **By plane:** Toulouse Airport → Toulouse railway station → Saint-Gaudens railway station, then a 5-minute taxi ride.
- **By bus/coach:** From Toulouse to Saint-Gaudens, especially with BlaBlaCar; the trip takes about 1 hour 25 minutes and usually costs between 5 and 14 euros. Service frequency varies from one to six buses depending on the day; please verify the schedule.
- **By car:** Parking is available inside the Cuisine & Santé Center.