



# GIC 2018

## Breath and Joy!



FRANCE  
25th Global  
Inspiration  
Conference

28 July - 4 August 2018  
La Pommeraye 49620

 **ibf** INTERNATIONAL  
BREATHWORK  
FOUNDATION  
gic2018.com

The venue Les Jardins de l'Anjou is located in the village La Pommeraye in the municipality of Mauges sur Loire, between the cities of Angers and Nantes.

➤ To reach the conference venue by road:

- **From Nantes** with the A11 motorway (approx. 1h10):  
Leave Nantes by the **A11** motorway in the direction of Paris and Angers.  
Take **exit 19** in the direction of Chalonnnes sur Loire until you arrive in Saint Germain des Prés.  
After driving through Saint Germain des Prés, take the D723 road until Montjean and cross the Loire river at **Mauges sur Loire**.  
Drive into town and then take a left turn to **Chemin de Vaujou**, the conference venue is located at number 9, **Les Jardins de l'Anjou** is indicated.
  
- **From Paris** (approx. 3h30 drive) **or from Angers** (approx. 30 min):  
Take the **A11** motorway when coming from Paris or from Angers and drive in the direction of Nantes until exit 19.  
At **exit 19**, take the direction of Chalonnnes sur Loire and then Saint Germain des Prés.  
After driving through Saint Germain des Prés, take the D723 road until Montjean and cross the Loire river at **Mauges sur Loire**.  
Drive into town and then take a left turn to **Chemin de Vaujou**, the conference venue is located at number 9, **Les Jardins de l'Anjou** is indicated.
  
- **By Car Pooling:** We are working in order to put in place an internet application which will ease contact between drivers with available passenger seats and GIC 2018 attendees looking for a ride to the conference venue.  
Please wait a bit more for this option.

➤ To reach the venue by public transportation:

- **From Charles De Gaulle Airport**, there is a direct high-speed train (TGV) going to the city of Angers. Please be aware that train booking is mandatory and starts from 3 months ahead of your trip: [www.voyages-sncf.com](http://www.voyages-sncf.com) (travel time 2h30).

In case you do not have a good train connection with your flight landing at Charles De Gaulle airport, from terminal 2, you can take the suburban train RER B3 (travel time 50 minutes) or the airport shuttle bus:

[www.lebusdirect.com/lignes-horaires/ligne-cdg-aeroport-paris-gare-montparnasse.html](http://www.lebusdirect.com/lignes-horaires/ligne-cdg-aeroport-paris-gare-montparnasse.html) (travel time 70 to 80 minutes) to reach Montparnasse railway station in Paris.

- **From Orly Airport**, there is a regular bus shuttle to Montparnasse railway station in Paris where you can catch the high speed train (TGV) to the city of Angers (Angers Saint Laud railway station):  
[www.lebusdirect.com/lignes.../ligne-orly-aeroport-paris-etoile-champs-elysees.html](http://www.lebusdirect.com/lignes.../ligne-orly-aeroport-paris-etoile-champs-elysees.html) (travel times between 20 and 30 minutes).
  
- **From Montparnasse railway station in Paris**, there is an hourly direct high-speed train connection (TGV) to the city of Angers (Angers Saint Laud railway station): please do not forget to book your train ticket from 3 months ahead of your trip: [www.voyages-sncf.com](http://www.voyages-sncf.com) (travel time 1h30).
  
- **From Angers**, you will have two options:
  1. A shuttle bus will be organised to reach Les Jardins de l'Anjou: departure expected at 2 pm and 4 pm, to be confirmed later.
  2. Take the regional train (TER) towards Nantes and get off at **Champtocé sur Loire**, then you will be 5 km away from the conference venue : there are 3 TER on Saturday at 8:31am, 12:39pm and 18:10pm. Arrived there, a shuttle should be organised on request.
  
- **From Nantes airport**, you will have two options:
  1. A shuttle bus will be organised to reach Les Jardins de l'Anjou: departure expected at 2 pm and 4 pm, to be confirmed later.
  2. Take the regular airport shuttle to Nantes railway station where you can take the regional train (TER) towards Angers and get off at **Champtocé sur Loire**, then you will be 5 km away from the conference venue : there are 5 TER on Saturday at 7:16am, 11:47am, 12:12pm, 17:06pm and 18:16pm. Arrived there, a shuttle should be organised on request.

Whether you want to take the shuttle at Nantes Airport, at Angers Saint Laud railway station or to be picked up at the Champtocé sur Loire railway station, from January 2018, we will post a registration list. We are negotiating with local bus companies to organise your transportation and prices will be based on the number of travellers. We will soon be in a position to provide indicative prices. Shuttle times will as best as possible be fixed in accordance with next year's flight and train schedules.

- **Other possibilities departing from Belgium and from Paris:** We expect to organise a bus leaving from Belgium, with a stopover in Paris, to reach Les Jardins de l'Anjou. Details will be published on the website in January 2018.