



LA GRANGE STUDIO RENTALS

Just 20 minutes from downtown Ottawa, there is a place to get away from it all....



Looking for the perfect space to host your next workshop or retreat? Instead of hosting it in the city, why not escape to nature for a more inspiring setting? Our spectacular 3rd floor yoga studio with panoramic views of the Gatineau Hills is only 20 minutes from downtown Ottawa, but feels like a world away.

La Grange is a magnificent 19th century barn converted into a luxurious yoga studio and 4-star bed & breakfast. Its location in the picturesque village of Wakefield, on the edge of Gatineau Park, beckons you to take advantage of all the area has to offer by incorporating seasonal outdoor activities into your event. The studio or the entire inn can be rented by the hour, the day, the weekend or the whole week. Whether you're planning a week-long retreat or just a 2-hour workshop, we can meet your needs. Contact us with your plans and we will work together to create the perfect event.

37 Rockhurst Rd.
Wakefield, Quebec J0X 3G0
Tel: (819) 459-3939

www.yogaalagrange.com
www.facebook.com/lagrangecountryinn
info@yogaalagrange.com

The Studio

The studio encompasses the entire third floor of La Grange and is approximately 2500 square ft. The space includes a large front reception area with a lounge, bathroom, kitchen sink area and main studio room. The main studio room is approximately 1200 square feet (35 x 35 ft.), and can comfortably accommodate 25 people for yoga, and more for other activities. Please note that unfortunately, the yoga studio is not wheelchair accessible.

Large windows on all sides of the studio provide natural light and breathtaking views, creating a calm and spiritual atmosphere. If you would like to get outside during your time here, the large and sunny lawn can be used for breaks or outdoor activities. Please talk to us if you would like to have catering added to your rental. Anything from a simple coffee/tea break to a full day meal plan can be incorporated into your time at La Grange.

Rental of the studio includes:

- Free use of yoga mats, blocks and blankets
- Free wifi
- Free parking
- Use of the backyard for breaks or outdoor activities

Other available services:

- Tables and chairs are available for rent
- Catering available - coffee, tea, healthy lunch and snacks



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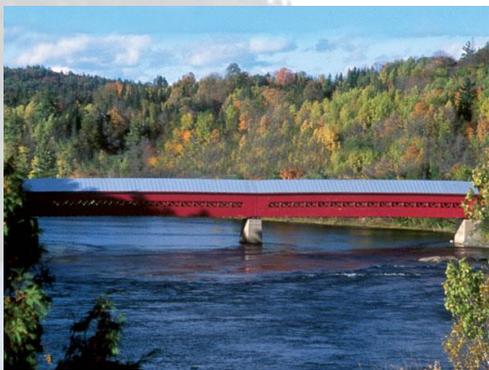
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La Grange Country Inn



La Grange Country Inn, our 4-star Bed and Breakfast, is located on the ground floor of the property. If you are planning a multi-day workshop or retreat, take advantage of our on-site accommodation, and enjoy a separate space to rest and relax during the day or in the evenings. The B&B also offers a welcoming lounge with fireplace, a fully equipped kitchen and a sunny dining room, where you'll be served a healthy breakfast to perfectly start your day's activities. For more information about the inn, visit: www.lagrangecountryinn.com.

Wakefield



When visiting La Grange, you can't miss the opportunity to discover the wonderful village of Wakefield, which is renowned for its funky arts and music scene, picturesque setting and quirky and welcoming community. La Grange is just a 15 minute walk from Wakefield's main street of Riverside Drive, which is lined with excellent restaurants, pubs, cafés, and boutiques on one side, and the majestic Gatineau River on the other. Take a leisurely stroll or paddle through town, find a patisserie or patio for an afternoon treat, and finish your day with a gourmet meal or a live concert at the famous Black Sheep Inn. Talk to us and we'll be happy to help you plan the perfect visit. For more information about Wakefield, visit: www.wakefieldquebec.com.

Gatineau Park



La Grange is located right on the northeastern edge of Gatineau Park, one of this country's most beautiful conservation areas, and a 4-season outdoor wonderland. The nearest entrance to Gatineau Park (P17) is less than a 2-minute drive away, offering access to world-class hiking, biking, x-country skiing, snowshoeing, paddling, beaches and more. Add a forest excursion to your schedule and let your participants experience the peacefulness that comes from being immersed in nature. Let us help you choose the best trails for a meditative walk to quiet the mind or a brisk cross-country ski to get the blood flowing. After so many years of exploring the park, we know all the good spots! For more information about Gatineau Park, visit: www.ncc-ccn.gc.ca/places-to-visit/gatineau-park.

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Facility Rental Rates

Studio Rental

Hourly -- \$50/hr*

Full day (approximately 9 am – 5 pm) -- \$350*

- Rental of the studio includes use of the entire 3rd floor of the building (approx. 2500 square ft.), consisting of a large front reception area, small kitchen sink, washroom, and main studio room (approx. 1200 square ft.).
- Rental rates include free wifi and free parking for about 10 – 15 vehicles (more can be parked on the street).
- The studio comfortably accommodates up to 25 people for a yoga class, and up to 50 people for less dynamic activities.
- Please note that the studio is on the 3rd floor of the building and there is no elevator access.

*Rental Rates quoted are for groups of up to 20 people. Additional charges may apply for larger groups.

Equipment Rental

Tables (6 or 8 ft. folding tables) -- \$10/day per table

Chairs -- \$1/day per chair

Flip Chart and paper -- \$10/day

Catering

Coffee and Tea -- \$2.50/person

Light snack -- \$3.50/person

Healthy Lunch -- \$17.50/person (consists of soup or salad, assorted gourmet sandwiches and wraps, dessert, coffee, tea)

*Dietary restrictions can be accommodated upon request

To include the use of other rooms in your rental, such as bedrooms, living room, kitchen and dining room, contact us for a customized quote.

For more information or to make a reservation, contact Adam or Nancy at (819) 459-3939 or info@lagrangecountryinn.com.

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