

PROGRAMME 2023 - GÎTE DES SOURCES - ASHRAM 64

FROM SEPTEMBER TO JUNE	JULY - AUGUST
<p><u>Workshop/retreat programme</u></p> <p>26-29 mai 2023 4 days workshop <i>Weekend workshops:</i> <i>Friday (arrival from 3 pm)</i> 18:00-19:30 QiGong (Sept-June) or yoga (July-August) 20:00-21:30 meditation/satsang <i>Saturday</i> 08:30-10:00 Yoga 10:00-20:00 free time for meditation, exploring the area, etc. 20:00-21:30 Meditation/Satsang <i>Sunday</i> 08:30-10:00 Yoga Departure 11am</p> <p><u>Programme outside workshops/retreats</u> (Only the schedule 18:00-19:30 is open during retreats and is available to all public)</p> <p>Monday: 08:30-10:00 Yoga (residents) 18:00-19:30 5 element dance (all public) 20:00-21:30 Meditation (30min)/Satsang (all public)</p> <p>Tuesday: 08:30-10:00 Yoga (residents) 10:30-12:00 Qigong (6 persons minimum)(residents) 18:00-19:30 online meditation/satsang in French 18:00-19:30 Hatha Yoga (all public) 20:00-21:30 Meditation (30min)/Satsang (residents)</p> <p>Wednesday: 08:30-10:00 Yoga (residents) 10:30-12:00 Qigong (6 persons minimum)(residents) 18:00-19:30 Sound bath (all public) 20:00-21:30 Meditation (30min)/Satsang (residents)</p> <p>Thursday: 08:30-10:00 Yoga (residents) 10:30-12:00 Qigong (6 persons minimum)(residents) 18:00-19:30 Chanting (all public) 18:00-19:30 Online Meditation/satsang in English 20:00-21:30 Meditation (30min) /Satsang (residents)</p> <p>Friday: 08:30-10:00 Yoga (residents) QiGong 18:00-19:30 (all public) 20:00-21:30 Meditation (30min)/Satsang (residents)</p> <p>Friday/Saturday/Sunday week-end workshops</p>	<p><u>Workshop/retreat programme</u></p> <p>3-6 July: 4 days workshop 10-13 July 4 days workshop 24-30 July one week retreat 7-13 August One Week Retreat (fully in English) <i>Weekend workshops:</i> <i>Friday (arrival from 3 pm)</i> 18:00-19:30 QiGong (Sept-June) or yoga (July-August) 20:00-21:30 meditation/satsang <i>Saturday</i> 08:30-10:00 Yoga 10:00-20:00 free time for meditation, exploring the area, etc. 20:00-21:30 Meditation/Satsang <i>Sunday</i> 08:30-10:00 Yoga Departure 11am</p> <p><u>Programme outside workshops/retreats</u></p> <p>Monday: 08:30-10:00 Yoga (residents) 20:00-21:30 Meditation (30min) /Satsang (all public)</p> <p>Tuesday: 08:30-10:00 Yoga (residents) 18:00-19:30 Online Meditation/Satsang (in French) 20:00-21:30 Meditation (30min)/Satsang (residents)</p> <p>Wednesday: 08:30-10:00 Yoga (residents) 12:00-21:30 Meditation/Satsang (residents)</p> <p>Thursday: 08:30-10:00 Yoga (residents) 18:00-19:30 Online Satsang in English 20:00-21:30 Meditation (30min)/Satsang (residents)</p> <p>Friday: 08:30-10:00 Yoga (residents) 18:00-19:30 Hatha Yoga (all public) 20:00-21:30 Meditation (30min)/Satsang (residents)</p> <p>Friday/Saturday/Sunday (weekend workshops)</p>

