

## PROGRAMME BED & YOGA (64)

**Adress: 1 rue des sources 64190 Gurs**

**Tel: +33 7 69 31 22 45 / <https://www.tilicho.fr/>**

**Please register for the classes by sms at least one day in advance before 6pm**

**1 class (1h30): 15€**

**5 classes: 50 €**

**Weekend package: 230€ all included (full board/veg and organic food and classes)**

**Free yoga/meditation/satsang for stays longer than a week.**

### FROM SEPTEMBER TO JUNE

#### Programme (outside of workshops & retreats)

**Monday:**

08:00-09:30 Hatha Yoga

Free time (meditation, excursions, trekking...)

20:00-21:30: Meditation/Satsang

**Tuesday:**

08:00-09:30 Hatha Yoga

10:30-12:00 Qi gong (5 persons min)

Free time (meditation, excursions, trekking...)

20:00-21:30: Meditation/Satsang

**Wednesday:**

08:00-09:30 Hatha Yoga

10:30-12:00 Qi gong (5 pers min)

Free time (meditation, excursions, trekking...)

20:00-21:30: Meditation/Satsang

**Thursday:**

10:30-12:00 Qi gong (5 pers min)

Free time (meditation, excursions, trekking...)

18:00-19:30 Online Meditation/Satsang

20:00-21:30: Meditation/Satsang

**Friday:**

08:00-09:30 Hatha Yoga

Free time (meditation, excursions, trekking...)

18:00-19:30 Qi Gong (5 pers min)

20:00-21:30: Meditation/Satsang

**Saturday:**

09:00-10:30 Hatha yoga

11:00-12:30 Meditation/Satsang

15:00-16:30 Forest bath

17:30-19:00 Meditation/Satsang

**Sunday:**

09:00-10:30 Hatha yoga

**Everyday:**

Possibility to have Ayurvedic massage: 2h (80€)  
Possibility for personal coaching online or at the ashram: 1h: 40€ - 5: 160€ - 10: 280€

### FROM JULY TO AUGUST

#### Programme (outside of workshops & retreats)

**Monday:**

08:00-09:30 Hatha Yoga

Free time (meditation, excursions, trekking...)

20:00-21:30: Meditation/Satsang

**Tuesday:**

08:00-09:30 Hatha Yoga

Free time (meditation, excursions, trekking...)

20:00-21:30: Meditation/Satsang

**Wednesday:**

08:00-09:30 Hatha Yoga

Free time (meditation, excursions, trekking...)

20:00-21:30: Meditation/Satsang

**Thursday:**

08:00-09:30 Hatha Yoga

Free time (meditation, excursions, trekking...)

20:00-21:30: Meditation/Satsang

**Friday:**

08:00-09:30 Hatha Yoga

Free time (meditation, excursions, trekking...)

20:00-21:30: Meditation/Satsang

**Saturday:**

09:00-10:30 Hatha yoga

11:00-12:30 Meditation/satsang

15:00-16:30 Forest bath

17:30-19:00 Meditation/Satsang

**Sunday:**

09:00-10:30 Hatha Yoga

**Everyday:**

Possibility to have Ayurvedic massage: 2h (80€)  
Possibility for personal coaching online or at the ashram: 1h: 40€ - 5: 160€ - 10: 280€  
Possibility to go trekking: depending on the weather  
Possibility to have pottery classes in the village

