

**SUMMER PROGRAMME****Monday**

18:00-19:00 Meditation/Pranayama  
19:00-20:00: Satsang

**Tuesday**

08:00-09:30 Hatha Yoga  
10:30-12:00 Laughing yoga (5 pers) or forest  
14:30-17:30 Free time, 'duo' or pottery  
18:00-19:00 Meditation/Pranayama  
19:00-20:00 Satsang

**Wednesday**

08:00-09:30 Hatha Yoga  
10:30-12:00 Forest bath or 'duo workshop'  
14:30-17:30 Free time, 'duo' or pottery  
18:00-19:00 Laughing yoga (5 pers) or medit.  
19:00-20:00 Satsang

**Thursday**

Free time or 'duo' workshop

**Friday**

08:00-09:30 Hatha Yoga  
10:30-12:00 Forest bath or 'duo workshop'  
14:30-17:30 Free time, 'duo' or pottery  
18:00-19:00 Meditation/Pranayama  
19:00-20:00 Satsang

**Saturday**

08:00-09:30 Hatha Yoga  
10:30-12:00 Forest bath or 'duo workshop'  
14:30-17:30 Free time, 'duo' or pottery  
18:00-19:00 Meditation/Pranayama  
19:00-20:00 Satsang

**Sunday**

08:00-09:30 Hatha Yoga  
10:30-20:00 Free time, 'duo' or pottery

To see 'duo' workshops:  
[please click here](#)

Pottery classes in the village:  
Registration and fares @:  
[Edwige](#) : +33 6 67 70 76 15  
[Anne](#) +33 6 17 84 73 99

**WINTER PROGRAMME****Monday**

18:00-19:00 Meditation/Pranayama  
19:00-20:00: Satsang

**Tuesday**

08:00-09:30 Hatha Yoga  
10:30-12:00 Qi gong (5 pers min) or forest  
14:30-17:30 Free time, 'duo' or pottery  
18:00-19:00 Meditation/Pranayama  
19:00-20:00 Satsang

**Wednesday**

08:00-09:30 Hatha Yoga  
10:30-12:00 Qi gong (5 pers min) or forest  
14:30-17:30 Free time, 'duo' or pottery  
18:00-19:00 Laughing yoga (5 pers) or medit.  
19:00-20:00 Satsang

**Thursday**

Free time or 'duo' workshop

**Friday**

08:00-09:30 Hatha Yoga  
10:30-12:00 Forest bath or 'duo workshop'  
14:30-17:30 Free time, 'duo' or pottery  
18:00-19:30 Qi gong (5 pers min) or medit.  
20:30-21:30 Satsang

**Saturday**

08:00-09:30 Hatha Yoga  
10:30-12:00 Forest bath or 'duo workshop'  
14:30-17:30 Free time, 'duo' or pottery  
18:00-19:00 Meditation/Pranayama  
19:00-20:00 Satsang

**Sunday**

08:00-09:30 Hatha Yoga  
10:30-20:00 Free time, 'duo' or pottery

To see 'duo' workshops:  
[please click here](#)

Pottery classes in the village:  
Registration and fares @:  
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