

PROGRAMME 2023 - GÎTE DES SOURCES - ASHRAM 64

Address: 1 rue des sources 64190 Gurs

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**FROM SEPTEMBER TO JUNE**

**Programme (only in the absence of workshops)**

Please register to the classes you wish to attend at least one day before.

**Monday:**

08:00-09:30 Hatha Yoga  
Free time (meditation, excursions, trekking...)  
20:00-21:30: Meditation/Satsang (5 persons min)

**Tuesday:**

08:00-09:30 Hatha Yoga  
10:30-12:00 Qi gong (5 pers minimum)  
Free time (meditation, excursions, trekking...)  
20:00-21:30: Meditation/Satsang (5)

**Wednesday:**

08:00-09:30 Hatha Yoga  
10:30-12:00 Qi gong (5 pers min)  
16:00-17:30 Free dance (5 pers min)  
20:00-21:30: Meditation/Satsang (5)

**Thursday:**

10:30-12:00 Qi gong (5 pers min)  
Free time (meditation, excursions, trekking...)  
20:00-21:30: Meditation/Satsang (5)

**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 (5)

**Saturday:**

08:00-09:30 Hatha Yoga  
11:00-12:30 Intuitive singing (5)  
Free time (meditation, excursions, trekking...)  
16:00 - 17:30 Free dance (5)  
20:00-21:30: Meditation/Satsang (5)

**Sunday:**

08:00-09:30 Hatha Yoga

**Everyday:**

Possibility to have Ayurvedic massage: 2h (80€)  
Personal coaching: 1h (40€)  
Trekking: depending on the weather

**JULY - AUGUST**

**Programme (only in the absence of workshops)**

Please register to the classes you wish to attend at least one day before.

**Monday:**

08:00-09:30 Hatha Yoga  
Free time (meditation, excursions, trekking...)  
20:00-21:30: Meditation/Satsang (5 persons min)

**Tuesday:**

08:00-09:30 Hatha Yoga  
Free time (meditation, excursions, trekking...)  
20:00-21:30: Meditation/Satsang (5 persons min)

**Wednesday:**

08:00-09:30 Hatha Yoga  
Free time (meditation, excursions, trekking...)  
16:00-17:30 Free dance (5 pers min)  
20:00-21:30: Meditation/Satsang (5 persons min)

**Thursday:**

08:00-09:30 Hatha Yoga  
Free time (meditation, excursions, trekking...)  
20:00-21:30: Meditation/Satsang (5 persons min)

**Friday:**

08:00-09:30 Hatha Yoga  
Free time (meditation, excursions, trekking...)  
16:00-17:30 Free dance (5 pers min)  
20:00-21:30: Meditation/Satsang (5 persons min)

**Saturday:**

08:00-09:30 Hatha Yoga  
11:00-12:30 Intuitive singing (5)  
16:00 - 17:30 Free dance (5 pers min)  
20:00-21:30: Meditation/Satsang (5 persons min)

**Sunday:**

08:00-09:30 Hatha Yoga

**Everyday:**

Possibility to have Ayurvedic massage: 2h (80€)  
Personal coaching: 1h (40€)  
Trekking: depending on the weather