

TIME	CLASS / WORKSHOP	VENUE **	TEACHER	LANGUE
** VENUES MAY CHANGE SUBJECT TO WEATHER CONDITIONS				
DAY 1: FRIDAY 28 AUGUST				
Welcome Desk open				
14h00-15h15	Sweet & Sour Yin Yang Flow	Hôtel de la Poste	Annie Moret	FR/EN
14h30-16h30	Hatha Yoga Masterclass for mind control	Salle de la Comba	Svetlana Negashova	EN
16h00-19h00	Yin Journey - exploring your own inner landscape	Chalet Orny	Mika Lindquist	EN
16h15-17h15	Yogic Breathwork - secrets to health and longevity	Hotel de la Poste	Tapashi Devchoudry	EN
17h30-19h30	Hike to St Christophe & Outdoor Practice	Meet Hotel de la Poste	Emilie Thomas	FR
18h30-20h00	Sound Meditation	Salle de la Comba	Jonny Hulbert	EN
DAY 2: SATURDAY 29 AUGUST				
07h30-08h30	Energetic Awakening - Mindful Hike and Qi Gong	Meet Hotel de la Poste	Svetlana Negashova	EN
07h30-08h45	Good Morning Flow - heal, cleanse, detoxify	Chalet Orny	Milly Harrison	EN/FR
09h30-11h30	Stability for Mobility - creating a solid foundation	Chalet Orny	Lisa Nicholas	EN/FR
10h00-12h00	Rising Strong - a slow flow linking breath and movement	Mouton Noir	Joanna Lancaster	EN/FR
10h00-12h00	Zen Thai Masterclass - chinese medicine and partner flow	Hôtel de la Poste	Blanche Marion	FR
12h15-13h15	Book Club - 'Living your yoga' by Judith Hanson Lasater	Arctic Juice & Café	Lidia Starkova	EN / FR
13h30-14h45	Finding your Why - understanding your true purpose	Chalet Orny	Georgia Fitzgerald	EN
14h00-15h00	Forest Foraging - wild foods and medicine	Arctic Juice & Café	Cherries Von Maur	FR
14h00-15h00	Making sense of Vedic Yoga in the Modern World	Hôtel de la Poste	Tapashi Devchoudry	EN/FR
14h00-15h00	Community Yoga - FREE CLASS FOR ALL FR	Hôtel de la Poste	Annie Moret	FR
15h30 - 17h00	Old Village Walk & Dynamic Practice	Medieres	Emilie Thomas	FR
15h30 - 17h30	Integral Yoga - fine tuning consciousness	Hôtel de la Poste	David Gaillard	FR/EN
16h00 - 17h30	Sweet Surrender - Yin Release	Chalet Orny	Annie Moret	EN

	16h30-18h00	Inversion Workshop	Salle de la Comba	Svetlana Negashova	EN
	17h30-19h00	Aligning with Your True Nature - freeing the energetic system	Salle de la Comba	Lisa Nicholas	EN
	18h00 - 19h15	Sound meditation for deep relaxation	Medieres	Jonny Hulbert	EN/FR
	18h30 - 19h30	Open the Heart with Kirtan (Mantra singing)	Wholeycow	David Gaillard	EN
	18h30-20h00	Conscious Connected Breathwork - the power to transform	Chalet Orny	Anita Jetzer	EN
	DAY 3: SUNDAY 30 AUGUST				
	07h30-08h45	Morning Yoga	Chalet Orny	Blanche de Marion	FR
	08h00-09h00	Fully Conscious in the Forest - connecting with nature	Medran	Cherries Von Maur	FR/EN
	08h00-09h00	Ebike guided trail to Mouton Noir 2200m	Medran	Mountain Air	EN
	09h15-11h15	Mudras & Bandhas- Activating Energy Channels and Locks	Le Hameau	Tapashi Devchoudry	EN
	09h15-11h15	Finding Your Balance - Breath, Body and Mind	Mouton Noir	David Gaillard	FR
	09h15-11h00	Aligning with Your True Nature - freeing the energetic system	Chalet Orny	Lisa Nicholas	EN
	09h30-11h00	Introduction to Acro Yoga	Hôtel de la Poste	Happyogis	EN/FR
	11h30-12h30	Tasting - Summum cold pressed juices	Hotel de la Poste	c/o Iris	FR/EN
	11h30-14h00	INSPIRE SUNDAY BRUNCH			
	14h00 - 15h00	Finding your Why - understanding your true purpose	Wholeycow	Georgia Fitzgerald	EN
	14h00 - 15h00	Forest Foraging - wild foods and medicine	Carrefour	Cherries Von Maur	FR/EN
	14h00 - 15h00	Achieving Abundance - meditation in movement	Medran	Penney Megginson	EN
	14h00 - 15h15	Conscious Connected Breathwork - the power to transform	Chalet Orny	Anita Jetzer	EN/FR
	14h00 - 15h00	Yoga for Complete Beginners EN	Hotel de la Poste	Svetlana Negashova	EN
	15h15-17h45	Yin Journey - explore your inner landscape	Salle de la Comba	Mika Lindqvist	EN
	15h30-17h30	Movement Medicine for the Sacrum	Chalet Orny	Tapashi Devchoudry	EN/FR
	16h00-17h15	Sound Meditation to calm and rejuvenate	Wholeycow	Jonny Hulbert	EN
	16h00 - 17h45	Unwinding the Day - to ground and find calm	Le Hameau	Joanna Lancaster	FR/EN
	18h00	Closing Ceremony & Bhajans	Chalet Orny	ALL	FR/EN