

THE Gardon CANYON

*The Gardon Canyon shelters beavers, eagles and vulturs.
Numerous caves and hermitages invite you to meditation and adventure.*



Myriam,
Moutain guide, Reiki master, yoga teacher, meditation and body-oriented therapy, shares her passion for the beauty of wilderness.

*« Beauty before me, make it possible that I walk
Beauty behind me, make it possible that I walk
Beauty above me, make it possible that I walk
Beauty below me, make it possible that I walk
Beauty surrounding me, make it possible that I walk »
Navajo Shaman chant »*

**www.aventure-decouverte-nomade.fr
06 86 69 30 55 ou 09 82 12 20 43**



Meditation In caves and hermitages

**03 FEBRUARY
23 MARCH
20 APRIL**

**Meeting at 10am
on the site of Aventure Decouverte Nomade**

Walking, breathing, meditating, listening, feeling, stasting, touching , we can nourish ourselves with vital energy.

We practice mindfulness meditation in caves or hermitages with Anne Soulet who received her teachings from the source.

Accessible to all
Plan to bring proper trekking clothes and shoes, food and beverages.

Fee: 25 euros for the day
Registration : Myriam 06 86 69 30 55

