

# Silent group guided meditation retreats

This practice contributes to deepen the understanding of our mind and can profoundly change our life.

Each day articules around 8 hours of seated an walking practice with mindful stretching and relaxation. Talks about different aspects of the practice will be given as well as individual interviews in order to benefit fully from this retreat.

## **Accomodation**

yourte , tipi or your own tent on premises

**Teacher led retreats to give specific guidance**

**Daily fee:** upon inquiry



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