



FEE: 550 Euros

This fee includes the walks, herbal teas, green juices and the integrity of the activities offered by fully qualified teachers

This price includes accommodation.

ACCOMMODATION

On site in shared yourte or tipi or in your own tent

• Fee without accomodation 450 euros

Guest houses are available in the surrounding villages at your request if you book early.

YATRA DETOX MEDITATION CAVES

5 days

12 / 17 MAY

2017

**An authentic immersion in
Nature's womb**

CONTACTS

**Myriam Brunel: 06 86 69 30 55
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www.aventure-decouverte-nomade.fr

**Anne Soulet: 04 66 84 72 15
www.mbsr-nimes.com**

**Sélima Mellerin: 04 66 67 40 72
06 51 12 02 95**

**Journey inside
OURSELF
In the
South of France**

CONTACTS

Myriam BRUNEL

Mountain guide, Reiki master, Yoga teacher, Meditation and body oriented therapist, I live in the Gardon Canyon and bring you my meditation teachers' experience from holly centers like Arunachala and the springs of the Ganges river.



« I accompany you to live in harmony with Nature's energy and to recover your vitality »

Anne SOULET

Mindfulness instructor, having received the teachings of Jon Kabat Zinn at the source, I will be your guide in the practice of attention, concentration and wisdom



Sélima MELLERIN

Spécialised in the Living foods lifestyle of Ann Wigmore , I prepare green juices for your revitalising detox.

« A healthy lifestyle comes from harmony with the Universe» Hippocrate



YATRA



This sanskrit word signifies journey, procession or pilgrimage in spiritually chosen spots.

We walk in the protected natural reserve of the Gardon Canyon rich in an exceptional heritage of eagles, vultures and beavers in order to discover the caves which sheltered hermitages for spiritual retreat.

MEDITATION

Mindfulness teaches us to stop agitation and relax. This practice invites us to deliberately redirect our attention towards what is going on inside ourself and all around in the present moment without judgement. This allows us to take a step back and respond appropriately to stressful situations which may otherwise appear overwhelming.

DETOX

3 days juice detox +
2 days regular vegetarian meals

Experience the benefits of a green juice diet

Cleanse your body and revitalise yourself.

Stop food additions and loose pounds.

DAILY PROGRAM

Begins at 5pm and ends at 3pm

8 h00 : Lemon juice and herbal tea

8h30 : Yoga

9h30 : Fresh green organic vegetable
Juice for revitalisation

10h : yatra

15h : Back for more juice

15h30 : Guided relaxation

16h : Meditation

17h : Psychoenergetic individual
body work

18h : Broth

19h : Slow walking meditation

20h : Metta meditation

21h : Herbal tea and rest for the
night

