



# La Borde Blanche

## Newsletter Spring 2021



Dear Friends,

We hope this Newsletter finds you well and that you can keep your spirits lifted!

We feel that it's so important that we all stay connected to our hearts and souls, and listen to the silent voice within instead of the loud voices without! With our life and work at La Borde Blanche we hope to contribute to support you in his inner connection.

In this Newsletter you'll find:

- ❖ A link to a short intro of our digital Yoga & Meditation Video packages
- ❖ A link to a new and beautiful little film of La Borde Blanche to bring you some vibes of space & nature & tranquility
- ❖ Online Guided Meditations
- ❖ [Pre-announcement of a New Deepening Module: 24 September – 04 October 2022: Yoga & Meditation Intensive Retreat: Subtle Anatomy](#)
- ❖ [Deepening Module to the International Raja Yoga Teacher Training](#)
- ❖ [The adapted Agenda for 2022](#)

### **A link to a short intro of our digital Yoga & Meditation Video packages**

Elleke and Shafayet have produced some digital yoga and meditation classes with short philosophy talks, for you to support your practice at home. The first package “Coming home to your self” came out last autumn and is available on our webshop: <https://www.bordeblanque.com/coming-home-to-your-self>. You can now pre-order the second online video package via our website!

1. A full, +/- 60 minutes Yoga Asana Practice, including a guided relaxation
2. Several short yoga asana practices, of about 20-30 minutes each. Each mini practice offers different combinations of asana from the longer session, with different intensity.
3. A guided meditation, with the possibility of different time lapses.
4. A 10-15 minutes philosophy talk outside in the nature of La Borde Blanque.

The price for each video package is € 25,-

Here is a short intro to our packages: <https://www.youtube.com/watch?v=wpSYOLJjzmc>

### **New and beautiful little film of La Borde Blanque**

Shafayet, Tara's husband who has made our new website and yoga video packages, has made a new beautiful 3 minute film from La Borde Blanque from the sky, which is added to the gallery on our website. Here's the link to fly around the nature of la Borde Blanque:

<https://www.bordeblanque.com/gallery>

### **Online Guided Meditations**

For people who like to have some guided meditations, we recorded sets of guided meditations that belong to Elleke's book: *Meditation & Imagination*, which is available in English, French and Dutch in your bookstore (or Amazon). These online guided meditations are available via our website.



### **Pre-Announcement: Note in your Agenda!**

#### **Winter Online Yoga & Meditations Classes with Elleke in 2021/2022**

Last winter we started weekly yoga & meditation classes via Zoom, and this has created a lovely connection with participants over several countries.

We'd like to inform you on beforehand that we'll continue next winter, after our retreat season has ended. The yoga and meditation class will last one and a half hour and for those who'd like to stay on afterwards, a possibility to share and ask questions.

Sunday evening class, Wednesday morning and Thursday evening, 12 weeks from 1<sup>st</sup> of December 2021 to the beginning of March 2022.

**Sunday/Thursday Evening class 20.00 - 22.00**

20.00 - 21.00 Yoga Asana

21.00 - 21.30 Meditation

21.30 - 22.00 Optional: Sharing & Question Round

**Wednesday Morning 9.00 - 11.00**

9.00 - 10.00 Yoga Asana  
10.00 - 10.30 Meditation  
10.30 -11.00 Optional Sharing & Question Round

#### Prices

€150,- for a series of 12 classes  
€250,- for a series of 2 x 12 x 2 classes a week  
€300,- for free acces to 3 x 12 classes a week, whenever you like

#### Pre-announcement of a New Deepening Module:

**24 September – 04 October 2022: Yoga & Meditation Intensive Retreat:** Subtle Anatomy  
Deepening Module to the International Raja Yoga Teacher Training

**This module will be open to all who have completed Basic reateat on the Chakras and /or any Intensive Retreat.**

This Intensive will be a joined project by Pieter and Elleke on the topic of Subtle Anatomy.  
The structure of this Deepening Retreat will be as you know it from other Intensives Retreats and our Basic Retreats.  
The asana will be adapted to the chakras and the subtle anatomy topic of the philosophy class of the day.  
We'll go deeper into the chakras and the corresponding physical parts of the body. We'll have a closer look at human anatomy and physiology related to the chakras and to yoga asana. We'll look into yoga postures and practice styles related to therapeutic purposes.  
Intertwined we'll address the spiritual aspects of our subtle bodies as the blueprint of our anatomy.

Let's stay centered in our hearts and connected with our souls in these turbulent times!



With love,

Pieter & Elleke  
La Borde Blanche

# Agenda La Borde Blanche 2021 & 2022

**22 - 29 May:**

**Yoga & Meditation Basic Retreat: A Journey through the Yamas & Niyamas,**  
Basic Module of the Raja Yoga Teacher Training

**05 - 12 June:**

**Yoga & Coaching with Horses Retreat : € 1025**

**19 - 26 June: Midsummer Yoga & Meditation Retreat:**

**Connection with Nature**

**10-20 July:**

**Yoga & Meditation Intensive Retreat:** Continuation of the Yoga Sutras of Patanjali:  
Module 2 of the Raja Yoga Teacher Training

**24 July - 31 July:**

**Yoga & Nature Retreat for Families**

1 place for 1 family has become available again.

**07 - 14 August:**

**Yoga & Nature Retreat for Families**

**21 - 28 August:**

**Yoga & Meditation Basic Retreat: A Journey through the Chakras,**  
Basic Module of the Raja Yoga Teacher Training

**Fully booked**

**11 -18 September:**

**Yoga & Hiking Retreat:**

**25 September - 05 October:**

**Yoga & Meditation Intensive Retreat:**  
Module V of the International Raja Yoga Teacher Training

**16 -23 October:**

**Yoga & Coaching with Horses Retreat**

**30 October- 6 November:**

**Yoga & Massage Retreat**

**27 December 2021 – 03 Jan 2022:**

**New Years Eve Retreat**

## Agenda La Borde Blanche 2022

**26 March - 05 April:**

**Yoga & Meditation Intensive Retreat:** Continuation of the Bhagavad Gita. Module 4 of the Raja Yoga Teacher Training

**16-23 April**

**Yoga & Massage Retreat**

**07-14 May:**

**Yoga & Hiking Retreat**

**21 - 28 May:**

**Yoga & Meditation Basic Retreat: A Journey through the Chakras,**  
Basic Module of the Raja Yoga Teacher Training

**04 – 11 June:**

**Yoga & Coaching with Horses Retreat**

**18 – 25 June:**

**Midsummer Yoga & Meditation Retreat:** Connection with Nature

**02-12 July:**

**Yoga & Meditation Intensive Retreat:** Introduction to the Yoga Sutras of Patanjali  
Module 1 of the Raja Yoga Teacher Training

**23 July - 30 July:**

**Yoga & Nature Retreat for Families**

**06 – 13 August:**

**Yoga & Nature Retreat for Families**

**20 – 27 August: Yoga & Meditation Basic Retreat:**

**A Journey through the Yamas & Niyamas**

Basic Module of the Raja Yoga Teacher Training

**03 -10 September:**

**Yoga & Hiking Retreat**



**24 September – 04 October:**

**Yoga & Meditation Intensive Retreat:** Subtle Anatomy Deepening Module to the International Raja Yoga Teacher Training

**15-22 October:**

**Yoga & Coaching with Horses Retreat**

**29 Oktober – 5 November:**

**Yoga & Massage Retreat**

**26 December 2022 – 02 Jan 2023:**

**New Years Eve Retreat**

