



la clairière

BIO & SPA HOTEL

ACTIVITY PROGRAM

Program subject to modification

Date	Time	Activities	Duration	Location
Monday	10h30	Yoga	60min	Room 311
Tuesday	08h30	Qi Gong	60min	Room 311
Wednesday	08h30	Tai Chi	60min	Room 311
Thursday	10h30	Yoga	60min	Room 311
Friday	08h30	« A l'Ecole du Mouvement » (Feldenkrais method)	60min	Room 311
Saturday	08h30	Do In (self-massages)	60min	Room 311
	18h00	Yoga	60min	Room 311
Sunday	10h00	« Bain de Forêt » - « Forest Bath » (or Sophrology in case of bad weather)	90min (60min)	Reception
	13h00	Latin Dances	60min	Room 101

Participation in activities is chargeable, unless it is included in your package.

La Clairière informs you that the sessions are likely to be canceled if we have no registrants.

www.la-clairiere.com