



La Borde Blanche

Newsletter Autumn 2020

Dear Friends,

We hope this Newsletter finds you well and in good spirits!

It's been a turbulent year, also for La Borde Blanche. We were forced to cancel half of our retreats in spring, but we had a lovely summer season with beautiful retreats, almost all full groups and lovely people.

We trust that our retreats for 2021 will go ahead and we have lots of good news and some interesting offers for you:



In this Newsletter you'll find:

- ❁ Winter Online Yoga & Meditation Classes with Elleke
- ❁ Introduction to Raja Yoga Videos
- ❁ Online Guided Meditations
- ❁ Borde Blanche Meditation Circle
- ❁ Publication of Elleke's book *Meditation & Imagination* in French
- ❁ Report of our first Yoga & Coaching with Horses Retreat
- ❁ The Agenda 2021
- ❁ Prices for 2021

We also invite you to have a look at our current website: www.bordeblanche.com.

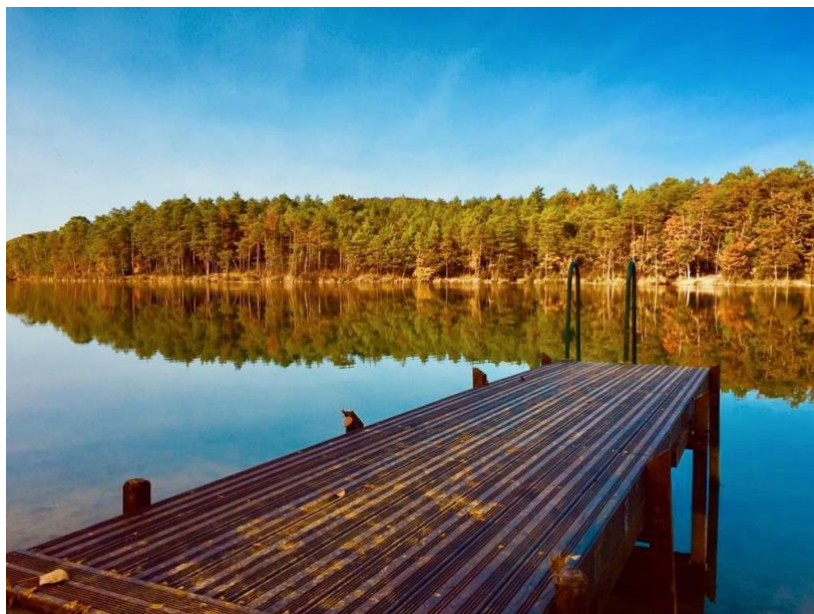
Shafayet Chowdhury made some beautiful drone videos from La Borde Blanche from the sky, which are added to our home page and gallery. So you can fly around La Borde Blanche like a bird!

We look forward to connecting with you through Zoom and to seeing you back again at La Borde Blanche in 2021!

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

With love,

*Pieter & Elleke
La Borde Blanche*



Winter Online Yoga & Meditation Classes with Elleke

Finally, after many repeated requests, I have decided to organize Online Yoga & Meditation Classes for the Winter Season!

You are invited to join us once or twice a week for an active, or more relaxing yoga session, followed by a guided meditation, starting the first Sunday of December. And, for those who'd like to stay on afterwards, a possibility to share and ask questions.

Times

Sunday Evening Session 20.00 - 22.00

20.00 - 21.00 Yoga Asana

21.00 - 21.30 Meditation

21.30 - 22.00 Sharing & Question Round

Starting Sunday 6 December

Wednesday Morning Session 9.00 - 11.00

9.00 - 10.00 Yoga Asana

10.00 - 10.30 Meditation

10.30 - 11.00 Sharing & Question Round

Starting Wednesday 9 December

Prices

€15,- for a single class

€100,- for a series of 10 classes

€150,- for a series of 10 x 2 classes a week.

Prices include the whole session of Yoga Asana, Meditation & Sharing & Connecting Round. (Of course at all times you are free to join in later and leave earlier.) Once we have received your payment, you receive a link every week for your class.



For more Information & Registration

Please send an email to: info@bordeblanche.com

❁ Coming soon: Raja Yoga Videos by Elleke

Together with Shafayet Chowdhury, Elleke is in the process of creating a series of videos with an Introduction to Raja Yoga, to deepen your practice at home anytime you wish, with a connection to La Borde Blanche. These video packages each include:

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 durations.
4. A 10-15 minutes philosophy talk outside in the nature of La Borde Blanche.

The price for each video package is € 25,-. The first package will be available on December 5th through our website: www.bordeblanche.com.

❁ Online Guided Meditations

The guided meditations belonging to Elleke 's book Meditation & Imagination, which were available earlier on CD, have been remastered by Shafayet Chowdhury and are available online. They come with a choice between different durations after the guidance in order to extend your practice. The digital guided meditations will also be available via our website: www.bordeblanche.com.

❁ Borde Blanche Meditation Circle

At La Borde Blanche we meditate each Sunday evening and everyone is invited to connect and join us. So far, this connection was of a spiritual nature.

From December on, the online yoga classes start on Sunday evening, followed by a guided meditation. The ones of you who subscribe to the yoga classes, can automatically join in the guided meditation online, which will be from 21.00 - 21.30.

For the ones who don't subscribe to the online yoga classes, you are still very welcome to connect with us on the inner planes and join us at 21 o'clock!

❁ Publication of Elleke 's book Meditation & Imagination in French

Since September Elleke's book 'Meditation & Imagination', which was already available in Dutch and English, has now also been published in French! With many thanks to Muriel Carle and Sascha Groenewegen for their dedicated work on the French translation!

All Elleke's books are available in the book stores, by Amazon and of course at La Borde Blanche!





❁ Report of our first Yoga & Coaching with Horses Retreat

In the last week of October we had our first Yoga & Coaching with Horses Retreat, together with our friend Nynke Groenewegen, who is an equine assisted coach.

Despite of all turbulences with regulations and cancellations, we could still start with a small group of lovely people. We had magnificent weather and inspiring outdoor sessions with our combined herd of 5 horses from La Borde Blanque and their kin, belonging to our friend and colleague Marianne. Prepared by the yoga classes and supported by different energy, alignment and grounding exercises, we experienced our interaction with the horses. We worked on setting boundaries and guiding with intention and themes related to the chakras. Our friendly horses were willing enough to mirror our personal themes of learning.



❁ Agenda La Borde Blanque 2021

27 December 2020 - 03 Jan 2021

New Years Eve Retreat

27 March - 06 April

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

10 - 17 April

Energy Healing Course 1

17-24 April

Yoga & Massage Retreat

08 -15 May

Yoga & Hiking Retreat

15 - 22 May

**Women Wise
(External Group)**



22 - 29 May

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

29 May - 05 June

Open Jezelf, Sukha.

External group with Anneke Kaandorp

05 - 12 June

Yoga & Coaching with Horses Retreat

19 - 26 June

Midsummer Yoga & Meditation Retreat: Connection with Nature

10-20 July

Yoga & Meditatie Intensive :

Continuation of the Yoga Sutras of Patanjali:

Module 2 of the Raja Yoga Teacher Training

24 July - 31 July:

Yoga & Nature Retreat for Families

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

4 - 11 September

Mindful Movement for Self Regulation

(External group)

11 -18 September

Yoga & Hiking Retreat

25 September - 05 October

Yoga & Meditation Intensive:

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





🌿 Prices for 2021

In 2021 there will be new prices for our retreats:

- ❖ Yoga & Meditation Intensive Retreat : € 1145
- ❖ Yoga & Meditation Basic Retreat : € 875
- ❖ Yoga & Coaching with Horses Retreat : € 1025
- ❖ Yoga & Massage Retreat : € 875
- ❖ Yoga & Hiking Retreat : € 875
- ❖ Midsummer Yoga & Meditation Retreat: Connection with Nature : € 875
- ❖ New Years Eve Retreat : € 945
- ❖ Energy Healing Course : € 800

These prices are based on accommodation in a shared double room. For a single room there is an extra fee of € 150.

Yoga & Nature Retreat for Families :

- 1 Parent + 1 Child : 1 room : €1295
- 2 Parents + 1 Child : 1 room : €1795
- 1 Parent + 2 Children : 1 room : €1550
- 2 Parents + 2 Children : 2 rooms : € 1995

NB:

All who have booked for a retreat in 2020 which was canceled due to the Corona crisis and who rescheduled for 2021 will have their retreat for the old price.

! Early Booking Advantage !

All who book a retreat in 2021 before the 15th of January 2021 will still get the old prices of 2020.



La BordeBlanche