



La Borde Blanche

Newsletter Autumn 2024 

Dear Friends,

In this newsletter you will find some important updates from la Borde Blanche about our future...

In addition you will find information on our New Winter Online Courses and our next Yoga Retreat & Energy Healing Course will be starting again in April. Time to sign up!

Our Yoga & Nature Retreat for Families with Teenagers last summer was a success and will be repeated in 2025.

We also announce that from the first of December on, our prices will go up! (If you book before the 1st of December you'll still get the retreat for the price that currently stands for it on our website.) And there will be our Agenda for 2025 with the new adapted prices.

And as a small gift an autumn meditation for you.

We wish you a warm & nourishing autumn & winter and we are looking forward to seeing you back again in 2024!

Pieter & Elleke
La Borde Blanche

But first:

Some personal news from us

Wedding

It's been a very intense and special summer...

Midsummer day & night we had the most beautiful wedding of our daughter Imre and her Norwegian husband Arnar, here at la Borde Blanche. A wonderful international occasion with guests from all over the world, concluded by a dance party outside with Vikings dancing around the fire...



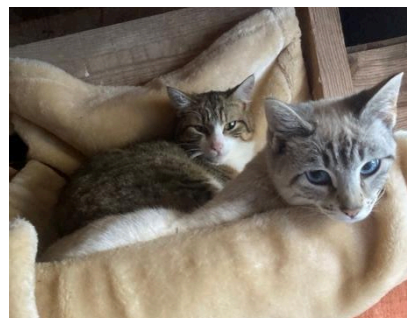
20th Wedding Anniversary

A few days later Pieter & Elleke celebrated their 20th wedding anniversary with a light & low-key beach party with friends and family who had stayed on since the wedding.



Welcome Smokey!

Last year we told you a tiny little stray kitten, Pippa had joined our cat community. Only a little while later we spotted another young stray cat on the compound, so wild and scared that we never saw him from nearby. Until one day.... he was sleeping intertwined with Pippa in his hammock! They are brothers! It took some months for Elleke to win Smokey's heart with kitten milk and cat organic pâté. By now he is now well integrated in our cat community, complete again with 6 cats.



Future of La Borde Blanche

In the course of the summer we realized that no matter how much we love our life and work here, we cannot continue with the same intensity of work at La Borde Blanche as both owners, hosts as well as teachers and therapists, not to forget gardeners and renovators. This realization led to a lot of introspection and to the decision to sell La Borde Blanche...

We are fully committed to our teaching and our intention is to continue our work, either at La Borde Blanche, but then just as teachers, otherwise we'll continue our retreats elsewhere.

As for our Agenda for 2025, we are committed to the agenda as it is. You are welcome to register!

After 2025 we may step down gradually. However all retreats & modules of our International Raja Yoga & Meditation Teacher Training, as well as our Energy Healing Course will be continued for the next years. Either at La Borde Blanche or elsewhere. When you start one of our courses, you can be assured to be able to complete it!

So, this means:

La Borde Blanche is for SALE !

We see 3 options:

Option 1:

La Borde Blanche will be bought by a cooperative of investors, coming from our circles and will continue to be a Center for Yoga, Meditation & Healing. This is an idea of one of our friends and participants who creates cooperatives for sustainability projects as a professional.

If you are interested in exploring the possibility of investing and joining this Cooperative La Borde Blanche in order to continue La Borde Blanche as a Center for Yoga, Meditation & Healing as it is, please contact us!

This way we hope to create a community and open the way to uplift the center to another level and create new possibilities.

Option 2:

La Borde Blanche will be sold to a new owner and caretaker who will continue La Borde Blanche as a Gîte for rent, or even as a yoga center, or a like minded purpose.

In that case we would love to rent the venue for the main part of our current programme. This way the main part of our agenda will continue to be at La Borde Blanche and the new owner and caretaker will have a guaranteed income for the first years to come.

Option 3:

La Borde Blanche will be sold to a new owner who will change the purpose of the place and we will continue to teach a part of our agenda in other beautiful retreat centers in the region.

Winter Online Courses

Lotus Mudra Yoga Flow & Meditation on the (Higher) Chakras

We're happy to invite you to 2 New Winter Online Yoga & Meditation Courses!

Lotus Mudra Yoga Flow & Meditation on the 7 Chakras.

This course is open to practitioners of all levels and is complementary to our Yoga & meditation Basic Retreats: A Journey through the Chakras

Lotus Mudra Yoga Flow & Meditation on the Higher Chakras.

This course is a deepening course for advanced practitioners and complementary to our Intensives

Both courses will bring in new material regarding the yoga asana as well as the meditation and will deepen your practice! In each session we'll integrate one of the beautiful ancient hand mudras as a golden core into our yoga sequence. In our meditation practice we'll explore our (higher) chakras to improve our alignment. After the meditation there is an optional sharing round with some extra explanation on the chakra we address in that session.

Dates:

Lotus Mudra Yoga Flow & Meditation on the 7 Chakras: Wednesday Evening: 8, 15, 22, 29 January, 5, 12, 19, 26 February, 5, 12 March 2025

Lotus Mudra Yoga Flow & Meditation on the Higher Chakras:

Sunday Evening: 12, 19, 26 January, 2, 9, 16, 23 February, 2, 9 and 16 March 2025.

Times (Central European time)

Sunday/ Wednesday Evening 20.00 - 22.00

20.00 - 21.00 Yoga Asana

21.00 - 21.30 Meditation

21.30 - 22.00 Sharing & Question Round

Of course you are welcome to only join only part of the class, or to leave earlier if you wish!

And when you need to skip a class, this is no problem! Please just let me know via email. You'll get the recording.

Costs

€250,- per course of 10 classes, including recordings of all sessions

€400,- for both courses, including recordings of all sessions

For more information & registration: info@bordeblanque.com

Pieter & Elleke

Starting in 2025:

Yoga Retreat & Energy Healing Course

This beautiful retreat is a true treat for Body, Mind & Soul! It is an enriching combination of a Yoga & Meditation Retreat in the beautiful nature environment of La Borde Blanche and the international Energy Healing Course. (acknowledged by the International Network for Energy Healing (INEH)).

Healing from the Soul

This international two-year course in Esoteric Healing is based upon the principles of health and disease, as described in the books of Alice Bailey. The Energy Healing course is given according to the directions of the INEH: International Network of Esoteric Healing. At completion of the course the graduate receives a certificate of the INEH.

Next starting date Module 1: 12-19 April 2025

Price: early bird price: 1095,- Euros (when you book before 1 December 2024!)
(The dates for Modules 2, 3 and 4 will be decided together with the group)

Program

At La Borde Blanche we offer this course these four modules in the form of week retreats, combined with yoga and meditation training. A beautiful blend of balancing your body with yoga, balancing your mind with meditation, and learning how to align with your soul to work with energy for the benefit of the whole, including yourself as well as others.

This week program of the Energy Healing Course consists of 12 sessions of 2 to 4 hours. We start the days with yoga & meditation, followed by theory and practical sessions in energy healing work, alternated with free afternoons and evenings sessions with another meditation and healing session, in a rhythm that befits the season.

All afternoons are free to relax and enjoy the beautiful nature at and around La Borde Blanche!

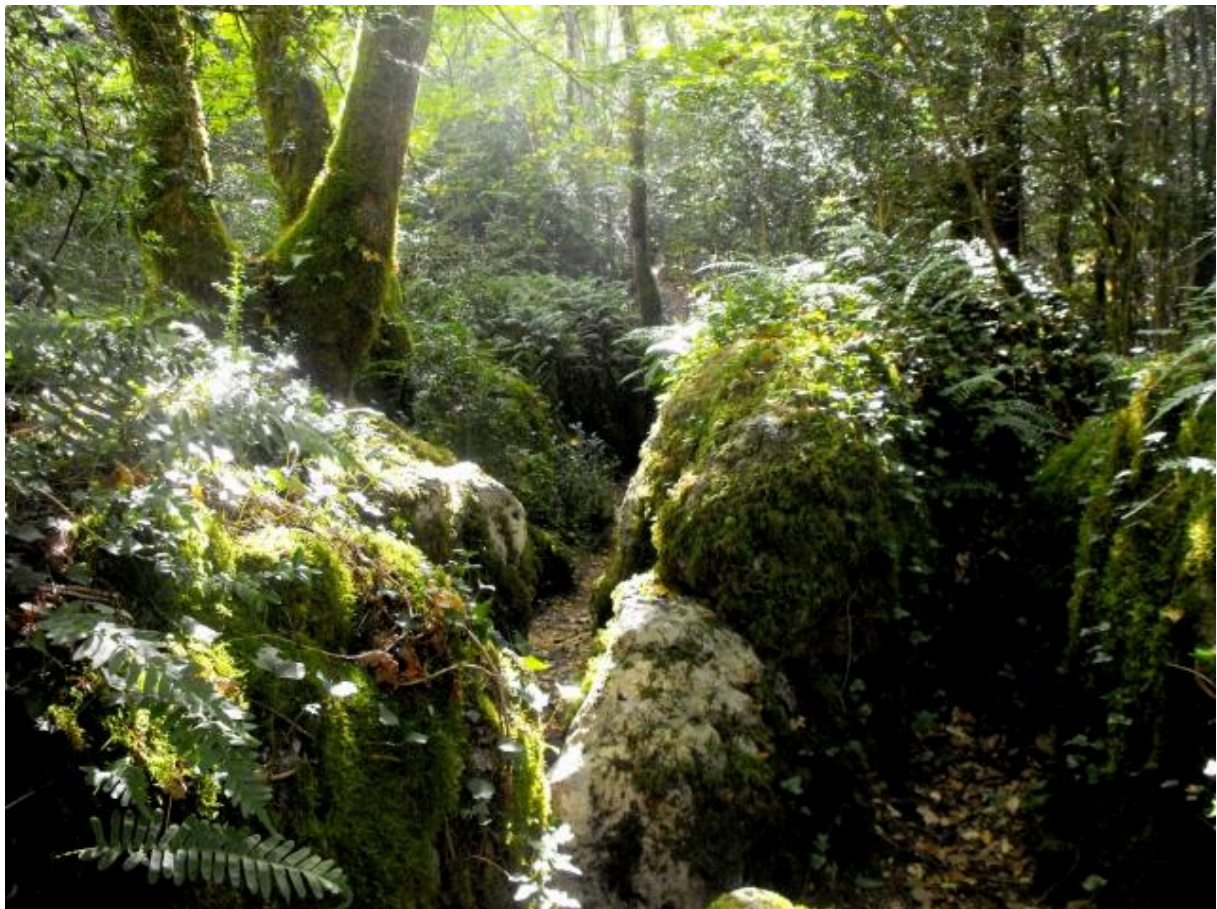
Yoga Hosts & Facilitators: Pieter Hiemstra & Elleke van Kraalingen

Yoga Teacher: Elleke van Kraalingen

Midsummer Meditation Retreat for Advanced Meditation Practitioners

A group of participants from our Intensive Retreats have taken the initiative to come together to our Midsummer Meditation Retreat and when you have attended some of our modules, you are welcome to join! Together we 're going to take our meditation and connection with nature to another dimension with beautiful outdoor meditations!

Email us for more details.



Autumn Meditation 🍁

Meditation of Letting Go...



Close the eyes
Relax and turn your attention inward
Focus your attention on the breath
and let the body relax
on every exhalation
Let emotions calm down
on every exhalation
Let thoughts become silent
on every exhalation

You are not your body, your emotions, or your thoughts.
You can observe your body, emotions and thoughts as you observe clouds in the sky.
You can accept your body, emotions and thoughts, as you accept the clouds in the sky
And you can let of any thoughts, emotions, physical sensations, on an exhalation,
like the wind blowing forth the clouds in the sky.

Allow yourself to release all thoughts, emotions, physical sensations,
That do not serve you at this moment

Breathe them out, like the wind blows away the clouds.

Do you have any specific attachments?
Observe them, accept them and let them go
Let go, like a tree releases its autumn leaves on the wind

And when you continue to breathe calmly and consciously,
Then there will be moments of silence between thoughts.
Just as spaces of blue sky can arise between the clouds

As these spaces of blue sky between the clouds
give a glimpse of the vastness of the universe that exists beyond the clouds
In this way, the silent spaces between thoughts provide a glimpse
of the vastness of Consciousness that exists beyond your thoughts...

It's in this silent space that new possibilities may develop
Like a tree will grow new leaves and blossoms in spring.

...

When it's enough, take a few calm, deep breaths
Open your eyes and stretch out



Agenda & Prices La Borde Blanche 2025



NB: Our prices will go up after 1st of December 2024! New prices are listed below.

(If you book before the 1st of December you'll still get the retreat for the current price.)

28 December 2024 – 04 Jan 2025
New Years Eve Retreat € 1145

22 March – 1 April
Yoga & Meditation Intensive Retreat €1595
Continuation of the Yoga Sutras of Patanjali
Module 2 of the International Raja Yoga Teacher Training

12-19 April
Yoga Retreat & Energy Healing Course Part 1 €1195

3 -10 May
Yoga, Nature & Hiking Retreat €1195
A Journey through the Chakras

10-17 May
Esoteric Healing Deepening Retreat €1195

17 - 24 May
Yoga & Meditation Basic Retreat €1195
A Journey through the Yamas & Niyamas

14 - 21 June
Midsummer Yoga & Meditation Retreat €1195
Connecting with nature

28 June - 8 July
Yoga & Meditation Intensive Retreat €1595

Science of Soul
Module 5 of the International Raja Yoga Teacher Training

19 July - 26 July

Yoga & Nature Retreat for Families with Teenagers from 12-18

1 Parent + 1 Teen: 1 room: €1995
2 Parents + 1 Teen: 1 room : €2875
1 Parent + 2 Teens: 1 room: €2550
2 parents + 2 Teens: 2 rooms: €3495
2 Parents + 3 Teens: 2 rooms: €3995

26 July – 02 August

Yoga & Nature Retreat for Families with Children from 6-12

1 Parent + 1 Child: 1 room: €1895
2 Parents + 1 Child: 1 room : €2795
1 Parent + 2 Children: 1 room: €2295
2 parents + 2 Children: 2 rooms: €2995
2 Parents + 3 Children: 2 rooms: €3545

02 - 09 August

Yoga & Nature Retreat for Families with Children from 6-12

1 Parent + 1 Child: 1 room: €1895
2 Parents + 1 Child: 1 room : €2795
1 Parent + 2 Children: 1 room: €2295
2 parents + 2 Children: 2 rooms: €2995
2 Parents + 3 Children: 2 rooms: €3545

16 - 23 August

Yoga & Meditation Basic Retreat: €1195

A Journey through the Chakras

30 August – 9 September

Yoga & Meditation Intensive Retreat: €1595

Continuation of the Bhagavad Gita
Module 4 of the International Raja Yoga Teacher Training

27 September – 4 October

Yoga, Nature & Hiking Retreat: €1195

11 – 18 October:

Yoga & Coaching with Horses Retreat: €1375

25 October -1 November

Yoga Retreat & Energy Healing Course Part 2: €1195

27 December 2025 – 03 Jan 2026

New Years Eve Retreat: €1345

NB: These prices are based on accommodation in a shared double room. For a single room there is an extra fee of € 200 in our week retreats and € 250 for our 10-days retreats

Camping option

From 1 May to 1 October we also offer the possibility to camp during our retreats with a discount of 20% !

We wish you all the best for the New Year and are looking forward to seeing you back again at la Borde Blanche in 2025!

Pieter & Elleke

