



La BordeBlanche

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.*

Preparation

1. Make sure you don't have a full stomach.

Allow preferably one and a half hour in between your meal and your yoga practice. You might like a bite afterwards though.

2. Create a comfortable space for yourself, where you love to be and where you can practice without disturbances. You may want to light a candle and create your own cozy atmosphere.

3. When you are used to using props, or a strap, you may want those at hand too.

4. Make sure you're warm enough and that you can cover yourself up extra for savasana.

5. Have something to drink at hand.

6. Turn off your mobile and other devices, apart from the one you use for Zoom.

You may want to connect a box to your device for better quality of sound.

7. You can drop in with Zoom 15 minutes before the class starts and prepare yourself in silence. There will be some music, but we won't talk.

Please 'mute' yourself upon entrance!

8. For technical support during the class, or when you are too late to join in, you can call

Pieter: +33-781587655

Price

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

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

You can make your payment to:

IBAN: NL46INGB 0005095572,

BIC: INGBNL2A

Pieter Hiemstra, Borde Blanche,

Description: Winter Online Course 2025 Wednesday / Sunday.

If you have any other questions, please don't hesitate to contact us!

Pieter and Elleke

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