



# La BordeBlanche

## ✧ Newsletter Spring 2024 ✧

Dear Friends,

We hope you are all well!

In this newsletter you will find some updates from la Borde Blanche, an article on Bali Animal Care and our agenda for 2025!

Warm greetings,

Pieter and Elleke

### ✧ Some news from us ✧

We are doing well! We had a most lovely quiet winter in which we made some beautiful hikes. Pieter went teaching in Japan twice and started painting outdoor woodwork. Elleke finished her manuscript, which is now with the publisher. You may, or may not hear more about this later.



Mimosa, Red Apple and Almond blossom

## 🌿New Season🌿

We kicked off the season of 2024 with a lovely 10-Days Raja Yoga & Meditation Intensive and our Yoga & Energy Healing Retreat.



Part of the Group of Intensive Module 1 on an outing on a free afternoon to the Montségur, March 2024

### 🌿Spotlight on 🌿: **Our Yoga & Nature Retreats for Families**

In spite of what we announced earlier, we have decided to offer 2 Yoga & Nature Retreats for Families with Children between 6 and 12 years old after all! When the rooms in the family retreat of 3-10 August were already fully booked the first week of January, we instantly decided to add a second retreat like previous years.

There's 1 last camping place left in the Yoga & Nature Retreats for Families with children between 6 and 12 years from 3-10 August

At this moment we still have a few places left in:

Yoga & Nature Retreats for Families with children between 6 and 12 years from 27 July to 3 August and in our Yoga & Nature Retreat for Families with teenagers between 12-18 years old from 20-27 July.

🐶🐱 La Borde Blaque supports Bali Animal Care! 🐶🐱

**Wendy Manintveld** is a dear friend and colleague Yoga Teacher with whom Elleke started their yoga school in the Netherlands: Samyama. In March 2020 Wendy went to Bali to teach a yoga retreat and got stuck there during the lockdown. During the pandemic, "owned" dogs of departed westerners in particular, had been found to be wandering around coffee shops and other locations that they previously visited with their owners, to try and find them - heartbreaking. They had no ability to fend for themselves as well as the Bali street dogs do, and so many were found starving and extremely traumatised by their abandonment. The plight of the resident Bali dogs was similar - without visitors to the island they had fewer people feeding them.

Wendy saw the suffering and urgency of abandoned cats and dogs and took efficient action to relieve this high need. She started Bali Animal Care, an organisation working with local veterinarians and volunteers. Bali Animal Care has built its reputation with many requests for assistance when injured or sick animals are discovered by tourists and others. We can do so much more and with more donations your support would mean so much to our rescues.

*We believe that it doesn't matter where on our planet we help to relieve the suffering. Bali Animal Care guarantees that every penny of your donation will be used for the animals in need!*



**OUR MISSION**

Bali Animal Care is a non-profit organisation that is dedicated to improving the lives of animals in Bali. We are focussed on assisting sick and distressed Bali animals, whether they are owned by Bali locals or owners that have abandoned their animals and left the island.

**Bali Animal Care guarantees that every penny of your donation will be used for the animals in need!**

**BALI ANIMAL CARE**

 [bali\\_animalcare](#)

 [balianimalcare.com](#)

 [balianimalcare@gmail.com](mailto:balianimalcare@gmail.com)

SCAN TO DONATE

## Agenda La Borde Blanche 2024 🙏

### 29 June -9 July:

#### **Yoga & Meditation Intensive Retreat € 1350**

Continuation of the Bhagavad Gita

Module 4 of the International Raja Yoga Teacher Training

### 20 July - 27 July:

#### **Yoga & Nature Retreat for Families with Adolescents from 12-18**

1 Parent + 1 Adolescent: 1 room: € 1725

2 Parents + 1 Adolescent: 1 room : € 2525

1 Parent + 2 Adolescents: 1 room: € 2425

2 parents + 2 Adolescents: 2 rooms: € 2995

2 Parents + 3 Adolescents: 2 rooms: € 3295

### 27 July - 03 August

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

1 Parent + 1 Child: 1 room: € 1545

2 Parents + 1 Child: 1 room : € 2345

1 Parent + 2 Children: 1 room: € 1995

2 parents + 2 Children: 2 rooms: € 2595

2 Parents + 3 Children: 2 rooms: € 2895

### 03 - 10 August

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

1 Parent + 1 Child: 1 room: € 1545

2 Parents + 1 Child: 1 room : € 2345

1 Parent + 2 Children: 1 room: € 1995

2 parents + 2 Children: 2 rooms: € 2595

2 Parents + 3 Children: 2 rooms: € 2895

### 17 - 24 August

#### **Yoga & Meditation Basic Retreat: € 1025**

A Journey through the Yamas & Niyamas

**31 Augustus - 10 September**

**Yoga & Meditation Intensive Retreat: € 1350**

Introduction to the Bhagavad Gita

Module 3 of the International Raja Yoga Teacher Training

**21 - 28 September**

**Yoga, Nature & Hiking Retreat: € 1025**

**12 - 19 October:**

**Yoga & Coaching with Horses Retreat: € 1195**

**26 October - 2 November**

**Yoga Retreat & Energy Healing Course Part 4: € 1025**

**28 December 2024 - 04 Jan 2025**

**New Years Eve Retreat € 1145**

**Agenda La Borde Blanche 2025 ೀ**

**22 March - 1 April**

**Yoga & Meditation Intensive Retreat € 1450**

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 € 1095**

**26 April - 3 May**

**Yoga, Nature & Hiking Retreat € 1095**

A Journey through the Chakras

**10-17 May**

**Esoteric Healing Deepening Retreat € 1095**

**17 - 24 May**

**Yoga & Meditation Basic Retreat € 1095**

A Journey through the Chakras

**14 - 21 June**

**Midsummer Yoga & Meditation Retreat € 1095**

Connecting with nature

**28 June - 8 July**

**Yoga & Meditation Intensive Retreat € 1450**

**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: € 1825

2 Parents + 1 Teen: 1 room : € 2625

1 Parent + 2 Teens: 1 room: € 2350

2 parents + 2 Teens: 2 rooms: € 3195

2 Parents + 3 Teens: 2 rooms: € 3595

**26 July – 02 August**

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

1 Parent + 1 Child: 1 room: € 1695

2 Parents + 1 Child: 1 room : € 2545

1 Parent + 2 Children: 1 room: € 2150

2 parents + 2 Children: 2 rooms: € 2795

2 Parents + 3 Children: 2 rooms: € 3195

**02 - 09 August**

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

1 Parent + 1 Child: 1 room: € 1695

2 Parents + 1 Child: 1 room: € 2545

1 Parent + 2 Children: 1 room: € 2145

2 parents + 2 Children: 2 rooms: € 2795

2 Parents + 3 Children: 2 rooms: € 3195

**16 - 23 August**

**Yoga & Meditation Basic Retreat: € 1095**

A Journey through the Yamas & Niyamas

**30 August – 9 September**

**Yoga & Meditation Intensive Retreat: € 1450**

Continuation of the Bhagavad Gita

Module 4 of the International Raja Yoga Teacher Training

**27 September – 4 October**

**Yoga, Nature & Hiking Retreat: € 1095**

**11 – 18 October:**

**Yoga & Coaching with Horses Retreat: € 1275**

**25 October -1 November**

**Yoga Retreat & Energy Healing Course Part 2: € 1095**

**27 December 2025 – 03 Jan 2026**

**New Years Eve Retreat € 1245**

**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% !**



**La BordeBlanche**