



La BordeBlanche

Newsletter Autumn 2021

Dear Friends,

While the forests around La Borde Blanche are coloring bright red, orange and yellow, we are looking back on a rich summer season with full groups and many beautiful people, both new and familiar meetings.

Having just concluded our season with a most wonderful Yoga & Coaching with Horses Retreat with our dear friend Nynke Groenewegen and a most relaxing and peaceful Yoga & Massage Retreat with Pieter.

Now we can prepare for our own private 'Winter Retreat', meaning: time for quietude, family, friends, the horses, renovation works, writing on a new book, etc.

We are planning to change our heating system to a more ecological system this winter and do some renovation work in the kitchen amongst other things.

In this newsletter you'll find amongst other things:

- ❖ A little gift for you! 🐉 Guided Flying Dragon Sequence
- ❖ An introduction to our new retreat: Subtle Anatomy
- ❖ Experiences shared, one in the form of a lovely poem
- ❖ The (updated) Agenda for 2022

We wish you a New Year full of Love and Trust!

Pieter & Elleke

La Borde Blanche



Yoga & Meditation Retreat with Horses

One week of pure Bliss
The Serenity will be Missed
A reminder to live in the Moment
Shared with a loving group from Holland
Waking up to a choir of Birds
Looking out to the Icelandic Herd
Mesmerized by the intense Fall colors in the Distance
This Forest; our view during breakfast in Silence
Meditating & moving in Yoga poses
Feeling well grounded to work with the Horses
Connecting & Feeling one with these majestic Animals
Helping us overcome our Obstacles
“Moment de Silence”
Prior to every succulent
Meal tested my patience
Full moon shining through my Window
Bonfire, guitar & singing “Shallow”
Breathing in gratitude & Happiness
Breathing out worry & Stress
Namaste
Ashley



Every time I close my eyes to do my short 10 meditation every morning the first thing I see is the Yoga room at BB, what a peaceful and wonderful image. It is crazy how all the senses from the room come back to me when I close my eyes and think back. The smell, the sound of the beautiful wooden floor, the morning sunlight shining in, the warm blankets, and your soothing calm voice.

Thank you and Peter and the incredible chefs for making this retreat one to remember :)

I hope you are well,

Ashley,





Experiences of participants of our Yoga & Massage Retreat Nov 2021:

I just participated in the Yoga Massage Retreat... a blissful experience!

We started with a Yoga Meditation session, which brought us very gently in alignment with the subtler energy levels and prepared us for the massage session. The massage sessions, in alignment with the level of the Soul and higher, brought me in the timeless realms of unity, Love and a deep connectedness. Utter peace and relaxation. This retreat is highly recommended.....

Margreet

After a smooth journey we arrived at La Borde Blanque. A warm welcome, loving people and a nice meal made me land in the present moment.

The fine yoga classes deepened the connection with myself, the love for the earth, the universe and all that is and created a nice blend with the massages. The meditations created silence, peace and connection.

The explanation of the massage techniques already stirred a desire to give and receive. So let's put it into practice! It gave me connection, love, peace, relaxation, intimacy and deepening on all layers, both giving and receiving. The yoga classes and the massages merged into a whole. And then there were the delicious meals of the French cook Bernard!

When I came home, people around me asked how I had experienced the week. I could only shine and that was enough.

With thanks to Elleke and Pieter, for their love and the nice, energetic place.

Kind regards,

Tineke

Online teaching in Japan

This winter Pieter will continue to teach the Energy Healing Course to our Japanese students. And due to Covid regulations this will be online again. Elleke has been asked by the Japanese to give an Online Raja Yoga Teacher Training this winter. In Japan yoga has also become a modern hype with a focus on just the physical, without indepth meditation training, or knowledge of the classical philosophy, which makes yoga so interesting and valuable to apply into daily life. This will start with the Raja Yoga Basic Course, which you know as our two Raja Yoga Basic Retreats.

La Borde Blanque Online Yoga & Meditation Classes

Because there will be an extra online course for the Japanese, there will be less online Winter classes than announced in our spring Newsletter. There will be one class at

Sunday Evening 20.00 - 22.00

Dates: 9 January t/m 13 March

Price: €150,- for a series of 10 classes

Program: 20.00 - 21.00 Yoga Asana

21.00 - 21.30 Meditation

21.30 - 22.00 Optional: Sharing & Question Round



Energy Healing Course starting in April 2022!

Due to circumstances our Energy Healing Course had to be postponed a few times, but now the dates for Module 1 are set on 9-16 April 2022.

New Deepening Module Raja Yoga Teacher Training : Subtle Anatomy

24 September – 04 October 2022

This module will be open to all who have completed the Basic Retreat on the Chakras and /or any Intensive Retreat.

This Intensive will be a joined project by Pieter and Elleke on the topic of Subtle Anatomy. The structure of this Deepening Retreat will be as you know it from other Intensives Retreats and our Basic Retreats.

The asana will be adapted to the chakras and the subtle anatomy topic of the philosophy class of the day.

We'll go deeper into the chakras and the corresponding physical parts of the body. We'll have a closer look at human anatomy and physiology related to the chakras and to yoga asana. We'll look into yoga postures and practice styles related to therapeutic and healing purposes.

Intertwined we'll address the spiritual aspects of our subtle bodies as the blueprint of our anatomy.

A little gift for you!

Guided Flying Dragon Sequence

After having been asked many times by many participants: Here it is:

A Guided version of the Flying Dragon Sequence: <https://youtu.be/P3eo-r0saZg>

To practice for yourself at home and to fly into the New Year!





Agenda 2022

NB: Some dates for 2022 have changed: For example there is the Yoga & Coaching with Horses Retreat coming in April instead of June!

26 March - 05 April:

Yoga & Meditation Intensive Retreat: Continuation to the Bhagavad Gita .
Module 4 of the Raja Yoga Teacher Training

09 - 16 April:

Energy Healing Course Part 1

16-23 April:

Yoga & Coaching with Horses Retreat

07-14 May:

Yoga & Hiking Retreat

21 - 28 May:

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

04 - 11 June:

Yoga & Massage Retreat

18 - 25 June:

Midsummer Yoga & Meditation Retreat:
Connection with Nature

02-12 July:

Yoga & Meditation Intensive Retreat: Introduction to the Yoga Sutras of Patanjali
Module 1 of the Raja Yoga Teacher Training

23 July - 30 July:

Yoga & Nature Retreat for Families

06 - 13 August

Yoga & Nature Retreat for Families

20 - 27 August

Yoga & Meditation Basic Retreat

A Journey through the Yamas & Niyamas Basic Module of the Raja Yoga Teacher Training



**10 -17 September:
Yoga & Hiking Retreat**

**24 September – 04 October:
Yoga & Meditation Intensive Retreat: Subtle Anatomy
Deepening Module to the International Raja Yoga Teacher Training**

**15 -22 October:
Yoga & Coaching with Horses Retreat**

**29 October- 5 November
Yoga & Massage Retreat**

**26 December 2022 – 02 Jan 2023
New Years Eve Retreat**

NB: These prices are based on accommodation in a shared double room. For a single room there is an extra fee of € 175

From 1 May to 1 October we offer the possibility to camp for a reduction of 25% on the package price.

