



# La Borde Blanche

Newsletter Autumn 2022 

Dear Friends,

We hope you are all well!

In this newsletter you will find more information about our NEW Silence Retreat in 2023, as well as a reminder of the start of our NEW Yoga & Meditation & Energy Healing Course Retreat, the adapted Agenda for 2023 and of course, some updates from la Borde Blanche!

There's also a little gift for you in the form of a guided Meditation of Gratitude!

We wish you a warm & nourishing autumn & winter and we are looking forward to seeing you back again in 2023!

Pieter & Elleke  
La Borde Blanche



## Some news from us

It's been a long, warm summer. Lac Montbel has almost dried up, apart from the smaller part of the lake on our side. Even now, by the end of October, while I write this, temperatures are around 25 degrees in the afternoon and we can still swim in the lake.



There have been many beautiful retreats and groups and we've met wonderful new people and reconnected with many people who come back to La Borde Blanche regularly.

Thanks to our natural spring on the compound we've been able to water the veggie garden, despite of the draught and all summer our guests have had some of our own grown veggies, fruits and herbs on the table.

In between 2 retreats, La Borde Blanche had the honour of being the scene of the wonderful wedding of our eldest daughter Tara and her husband Shafayet. The lanterns are still hanging in the trees, gently swinging on the warm autumn wind and festive garlands of small lamps decorating the main terrace in the evenings.



# NEW Retreats & Courses in 2023

## **New: Yoga & Meditation Silence Retreat 2023**

**Dates: 25 February - 7 March 2023**

When Northern Europe is still in winterly spheres, here at the feet of the Pyrenees spring is already fully starting and temperatures can be rising pleasantly. A perfect time to take a break and turn your attention within while you are outside in nature...

Our Silence Retreat provides you the opportunity to spend 10 days in silence, surrounded by nature, within the secluded setting of our beautiful Center. During this retreat we offer daily two sessions of yoga asanas and meditation. During these classes the teacher will be speaking in order to give instructions. All meditations will be guided for the first few minutes followed by a time span of silent meditation which will be progressive during the 10 days. After the morning meditation there is an optional sharing round in which you are invited to share your inner experiences of your meditation and/or yoga asana practice, so that the teacher can guide you and give you feedback. This is the only moment of the day of sharing within the group. And again: also this session is optional!

In addition there is the opportunity to have an individual session with either Elleke or Pieter, if there is need of support.

All meals take place in silence and are being offered as buffet, so that you have the option to sit at the dining table and eat together in silence, or take your meal out in nature, or where ever you want to eat in your private space.

NB: All activities are optional in this retreat!

**Costs: €1195,-**

This includes 10 nights in a double room with bathroom en suite, 3 delicious vegetarian meals per day, prepared with love and care, coffee, tea and snacks.

\*For a single room there is an extra fee of €175,-.

## **NEW: Yoga & Meditation Retreat & Energy Healing Course**

In spring 2023 we will start with a new concept: a combination of a Yoga & Meditation Retreat & Energy Healing Course, a true treat for Body, Mind & Soul! This will be a joint venture taught by Pieter Hiemstra & Elleke van

Kraalingen, (acknowledged by the International Network for Energy Healing (INEH)).

**Part 1: 8-15 April**

**Part 2: 28 October - 4 November 2023 (These dates are optional and will be discussed with the group during Part 1)**

## **Healing from the Soul**

This two-year course in Esoteric Healing is based upon the principles of health and disease, as described in the books of Alice Bailey.

### **Program**

Internationally the course is being offered in four modules, each with five to six months in between. At La Borde Blanche we offer these four modules in the form of week retreats, combined with yoga and meditation training. A real treat for body and soul! The program of the course allows time and space for rest and relaxation, processing of the course material and to enjoy nature and the magnificent environment of La Borde Blanche.

This week program of the Energy Healing Course consists of ten parts of 3 to 4 hours, starting 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 around us.

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.

A healer develops from within and by education and training one may qualify. The main aim of the course is growing awareness, development of intuition, inner alignment and the ability to use these skills for the sake of physical and mental health in its broadest sense. This may apply to one's own health, other people's health, the health within an organization, or society. 'Healing' literally means 'to become whole'. This may apply to many areas in work or life. A graduate of the course is able to work as a healer and will be able to apply his or her skills according to their own insight.

In Esoteric Healing the therapist will try and restore the balance in energy on the subtle levels, so healing can take place. This is done through meditation. Hence meditation training is an important part of this course. It is not necessary to have physical contact with the client. The therapist guides the energy from the inner core of the client through the several centers and paths of energy to the damaged parts in the energetic field. This way the self-healing ability of the client is coaxed back into action

For more information please consult our website or send an email to: [info@bordeblanche.com](mailto:info@bordeblanche.com).

## **Back again: Yoga Coaching & (Self-) Management**

A Deepening Module of the Raja Yoga Teacher Training  
10-days Yoga & Meditation Intensive  
6-16 May 2023

Central in this Intensive stands the practical application of yoga, especially meditation and classical yoga philosophy to modern and existential issues. Themes that people, who consciously live their lives, may struggle with and which can lead to a personal crisis.

This Intensive Retreat is an extra module in addition to and to deepen the International Raja Yoga Teacher Training, which we offer at La Borde Blanche.

This Intensive module is designed for managers, coaches, leaders and (yoga-) teachers, and anyone who aims to manage themselves in the first place and from there to coach, guide and teach from the perspective of universal yoga philosophy and meditation training.

This module can also be enriching for experienced yogis/yoga teachers, who wish to explore the practical application of yoga principles into their teaching.

### **Program**

The structure of this Intensive is like our other Intensive retreats and thus will be a retreat for yourself: The days start with asanas, pranayama and meditation on a theme related to the chakras and possible associated problems, as it can manifest itself in physical, and emotional and mental level.

Then there is a breakfast break in silence, followed by an exchange of experiences. We conclude the morning sessions with a theoretical session in which we discuss the philosophy of the Yoga Sutras of Patanjali and apply them to the theme and the issues we discuss that day.

The afternoons are free to relax, and to enjoy the beautiful surroundings of La Borde Blanche. In the evenings, there is a relaxing asana and meditation session, in line with the theme of the day, but without any further theory.

For more information please consult our website or send an email to: [info@bordeblanche.com](mailto:info@bordeblanche.com).

### **Meditation of Gratitude**

Here is a little gift for you in the form of a guided Meditation of Gratitude: This is a meditation you can always do whenever your meditation is not working, when you feel down, or depressed.

Gratitude is a quality of heart consciousness. It brings you out of your head, into your heart. To consciously feel gratitude for all the good things in life is the deeper meaning behind Thanksgiving.

You can be thankful towards the Universe, towards The Earth, towards God, or Life, this is open and up to you. Besides a state of gratitude attracts more things to be grateful for into your life...

[Link to guided Meditation of Gratitude](#)



## **Agenda & Prices La Borde Blanque 2023**

**25 february – 7 March**  
**Silence Retreat: € 1195**

**18- 28 March**  
**Yoga & Meditation Intensive Retreat: € 1195**  
**Science of Soul**  
**Module 5 of the Raja Yoga Teacher Training**

**8 – 15 April**  
**Yoga Retreat & Energy Healing Course Part 1 € 925**

**22-29 April**  
**Yoga & Meditation Basic Retreat: € 925**  
**A Journey through the Yamas & Niyamas**  
**Basic Module of the Raja Yoga Teacher Training**

**6-16 May**

**Yoga & Meditation Intensive Retreat € 1195**  
Yoga & Self -Management  
Deepening Module of the Raja Yoga Teacher Training

**27 May – 3 June Yoga & massage Retreat € 925**

**17 – 24 June:**  
**Midsummer Yoga & Meditation Retreat: € 925**

**01-11 July:**  
**Yoga & Meditation Intensive Retreat: € 1195**  
**Introduction to the Bhagavad Gita**  
Module 3 to the International Raja Yoga Teacher Training

**22 July - 29 July:**  
**Yoga & Nature Retreat for Families**  
**1 Parent + 1 Child : 1 room : € 1325**  
**2 Parents + 1 Child : 1 room : € 1945**  
**1 Parent + 2 Children : 1 room : € 1725**  
**2 Parents + 2 Children : 2 rooms : € 2295**

**05 – 12 August**  
**Yoga & Nature Retreat for Families**  
**1 Parent + 1 Child : 1 room : € 1325**  
**2 Parents + 1 Child : 1 room : € 1945**  
**1 Parent + 2 Children : 1 room : € 1725**  
**2 Parents + 2 Children : 2 rooms : € 2295**

**19 – 26 August**  
**Yoga & Meditation Basic Retreat: € 925**  
A Journey through the Chakras  
Basic Module of the Raja Yoga Teacher Training

**09 - 16 September**  
**Yoga, Nature & Hiking Retreat € 925**

**23 September – 03 October:**  
**Yoga & Meditation Intensive Retreat: € 1195**  
Introduction to the Yoga Sutras of Patanjali  
Module 1 of the Raja Yoga Teacher Training

**14 -21 October:**  
**Yoga & Coaching with Horses Retreat: € 1095**

**28 October- 4 November**  
**Yoga Retreat & Energy Healing Course Part 2 € 925**

**28 December 2023 – 04 Jan 2024**  
**New Years Eve Retreat : € 1025**

**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 also offer the possibility to camp during our  
retreats with a discount of 25% on the price based on a single room!**



**La BordeBlanche**