



La Borde Blanche

Newsletter Autumn 2023 

Dear Friends,

We hope you are all well!

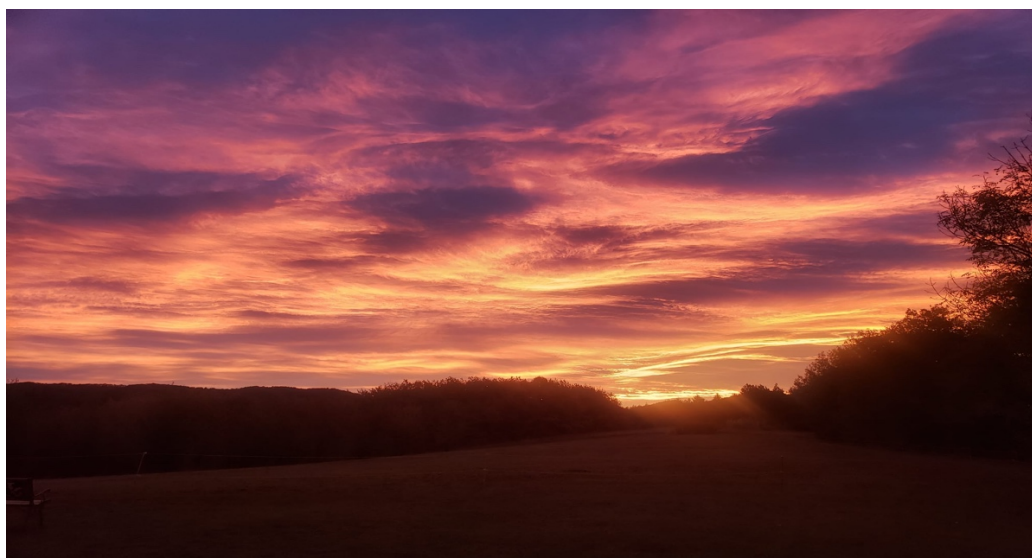
In this newsletter you will find more information about our adapted Agenda for 2024 and our NEW Yoga & Nature Retreat for Families with Teenagers in 2024 and some updates from la Borde Blanche!

We also announce that from the first of January on our prices will go up! (If you book before the 1st of January you'll still get the retreat for the price that currently stands for it.)

And there's a little gift for you in the form of a guided Meditation of Balancing the Brain!

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



Some news from us 🍁

It's been a full, busy summer with inspiring retreats and beautiful meetings with lovely new and known people.

The first of July was our '10-Years Anniversary' at La Borde Blanche! A memorable decade! And we still enjoy our work with heart and soul.



Food & Garden

Krystyna has been our cook for the summer again and for the whole summer she's been living and working with us and treated us to the most delicious food. She managed to use a lot of the herbs, veggies and edible flowers from our garden in order to create a garden table experience for her guests. She did a remarkable job for which we would like to thank her!



This autumn we've been treated and spoiled by Nicolaas and Guillaume. We have a team of excellent professional cooks now, all of whom make your stay at La Borde Blanche a culinary adventure!

RIP Beertje

Rest in Peace Dear Beertje! You were a most remarkable cat, brave & kind, everyone's friend and a true guardian of La Borde Blanche! Last weeks he became skin & bones and his peculiar roaring (like a Bear) had become a weak meow. Yet he was joyful as always, doing the things he always did: cuddling, sleeping and eating with the dogs and being teased by them, following us to the horse stable, watching us leave and return, visiting the guests at the main house and keeping us company on our terrace.

The last day of his life he was peacefully sleeping on our terrace under a red rose almost all day (see picture), together with the dogs. In the evening he politely refused even his delicious cat pâté and withdrew in the saddle room. We knew he was saying goodbye. We haven't seen him since. We have searched all his favorite spots. He has withdrawn to die alone as cats often do. We don't know his age, he must have been far over 20... 🌹



Welcome little Pippa!

Beertjes passing left a vacancy in our cat community and Elleke sent a wish out into the universe that a young kitten might come to La Borde Blanche. This hadn't happened since our first winter 10 years ago when Pieuw arrived, who is the mother of the other three cats. Only a few weeks after Elleke sent out this wish, we heard strange mewing sounds in and around the barns and the dogs were very excited. And yes, there was a tiny little kitten, wild, scared, skin and bones and obviously starving. With a lot of patience, love, and some cat pâté Elleke won her trust. And little Pippa took her residence into the cattery where she gets her daily kitten milk and croquettes. She's well integrated into our cat community now.

NEW Retreat in 2024

Yoga & Nature Retreat for Families with Teenagers

Dates: 20-27 July 2024

During this week, there are daily yoga & meditation classes for parents with teenagers/ adolescents from 12-18 years old.

The yoga & meditation sessions will be followed by a sharing & philosophy session on the ancient and universal yoga philosophy, which is all about the art of living and learning to master your mind!

In addition there will be plenty of time space for yourself and your family to make some lovely outings, for which we offer ideas. Optionally there will be organized group activities out into nature.

Program

8.00	Herbal tea and Fruit ready
8.30	Yoga asana for Parents & Teens
10.00	Breakfast in silence
10.30	Sharing & philosophy
11.30- 12.00	Take away lunch buffet
18.00	Yoga & meditation
19.00	Dinner

NB: All activities and yoga sessions are optional!
Wednesday is a program -free day!

Yoga Hosts & Facilitators: Pieter Hiemstra & Elleke van Kraalingen

Yoga Teacher: Elleke van Kraalingen

Meditation of Balancing the Brain

Here is a little gift for you in the form of a guided Meditation of Balancing the Brain. This is a simple meditation you can practice throughout your day to balance your mind and to center yourself in times when your brain is overly busy and tense.

Meditation of Balancing the Brain

Sit in a comfortable position and close your eyes

Allow the breath deep into the lower belly

And relax the body with each exhale

Observe the left side of your head

Feel the energy in the left hemisphere of your brain

How does it feel?

Does it feel strong? Active? Busy? Or peacefully relaxed?

There is no right or wrong, just simple observation

Now observe the right side of your head

Feel the energy in the right hemisphere of your brain

How does it feel?

Does it feel equally strong and busy? Or is it more quiet?

Just observe

Now ask the dominant hemisphere to slow down, to soften

With each exhale allow the activity in this part to calm down

Take your time and a few breaths to allow this to happen

Then ask the quiet hemisphere to lighten up a bit

With each inhale allow the activity in this part to calm down

Take your time and a few breaths to allow this to happen

Then allow both hemispheres to synchronise with each other

Imagine them to resonate and vibrate in harmony with each other

In a quiet peaceful resonance

Then centre your awareness into a point of light in between the two hemispheres

The pituitary gland in the middle your head,

the middle point of ajna chakra

Maintain a gentle focus here

And allow this point of light to expand,

To unfold like the petals of a flower

Feel the peace and clarity in your brain

*In most people the left hemisphere is more active and dominant than the right hemisphere. The left hemisphere relates to our intellect and our daily busy mind, the right hemisphere relates to our intuition, creativity, and imagination. Ofcourse you may be just the exception of experiencing this is the other way round



'A Line of Living Light'

photo taken by Mieke Roelands October 2023 at La Borde Blanche

Agenda & Prices La Borde Blanche 2024 🍁

NB: Our prices will go up!

We also announce that our prices will go up in 2024. If you book before the 15th of December you'll still get the retreat for the current price listed in the Agenda below.

30 December 2023 – 06 Jan 2024

New Years Eve Retreat € 1025

23 March -2 April

Yoga & Meditation Intensive Retreat € 1275

Introduction to the Yoga Sutras of Patanjali

Module 1 of the International Raja Yoga Teacher Training

13-20 April

Yoga Retreat & Energy Healing Course Part 3 € 975

27 April – 4 May

Yoga, Nature & Hiking Retreat € 975

11-18 May

Yoga & Meditation Basic Retreat € 975

A Journey through the Chakras

25 May- 4 June

Silence Retreat € 1275

15 - 29 June Not available

29 June -9 July:

Yoga & Meditation Intensive Retreat € 1275

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: € 1645

2 Parents + 1 Adolescent: 1 room : € 2425

1 Parent + 2 Adolescents: 1 room: € 2345

2 parents + 2 Adolescents: 2 rooms: € 2895

2 Parents + 3 Adolescents: 2 rooms: € 3195

03 - 10 August

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

1 Parent + 1 Child: 1 room: € 1445

2 Parents + 1 Child: 1 room : € 2225

1 Parent + 2 Children: 1 room: € 1945

2 parents + 2 Children: 2 rooms: € 2495

2 Parents + 3 Children: 2 rooms: € 2795

17 - 24 August

Yoga & Meditation Basic Retreat: € 975

A Journey through the Yamas & Niyamas

31 Augustus - 10 September

Yoga & Meditation Intensive Retreat: € 1275

Introduction to the Bhagavad Gita

Module 3 of the International Raja Yoga Teacher Training

21 - 28 September

Yoga, Nature & Hiking Retreat: € 975

**12 - 19 October:
Yoga & Coaching with Horses Retreat: € 1150**

**26 October -2 November
Yoga Retreat & Energy Healing Course Part 4: € 975**

**28 December 2024 - 04 Jan 2025
New Years Eve Retreat € 1075,-**

**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 20% on the package price based on a double room!**

**We wish you Happy Days and are looking forward to seeing you back again at la
Borde Blanque in 2024!**

Pieter & Elleke

