



La Borde Blanche

Newsletter Spring 2022

Dear Friends,

We hope you are all well!

In this newsletter you will find more information about our NEW retreats, our NEW Energy Healing course, the agenda for 2023 and of course, some updates from la Borde Blanche!

With loving regards,

Pieter and Elleke





Some news from us

We are doing well! Last winter we have reduced our footprint with a proper functioning heat pump system, connected to our solar panels and improved the outer esthetics of la Borde Blanche with a neat gravel path.



Meanwhile we have been teaching online courses to our Japanese students in both our Energy Healing and a Raja Yoga Teacher Training Basic Module.

In 2022 we have started our new season at La Borde Blanche with a lovely New Year's retreat, an inspiring Raja Yoga Teacher Training Intensive and another Yoga & Coaching with Horses Retreat and Yoga & hiking Retreat. With many thanks to all participants for their lovely pictures!





After 2 years of travel restrictions where our participants mainly came from France and the countries around us, we are very happy to see that also our participants from the UK, Ireland, the USA and Canada are back again in our retreats and courses!

Wedding in Summer!

In between our retreats this summer we will finally celebrate the wedding of our eldest daughter Tara and her husband Shafayet at La Borde Blanche. Due to Covid this wedding has been postponed three times... We are looking forward to it!

Few places left this year!

Most retreats this summer are already fully booked.

At this moment we still have a few places left in the following retreats this year:

18 - 25 June

Midsummer Yoga & Meditation Retreat: € 895

Connection with Nature

20 - 27 August

Yoga & Meditation Basic Retreat: € 895

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

10 -17 September

Yoga & Hiking Retreat: € 895

24 September - 04 October

Yoga & Meditation Intensive Retreat: € 1175

Subtle Anatomy

Deepening Module to the International Raja Yoga Teacher Training

15 -22 October

Yoga & Coaching with Horses Retreat: € 1045

29 October- 5 November

Yoga & Massage Retreat: € 895

28 December 2022 - 04 Jan 2023

New Years Eve Retreat : € 995

With some special attention for our NEW Deepening Intensive this year:

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.

NEW Retreats & Courses in 2023

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

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 Blanque** 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 Blanque**.

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.

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.



A special thanks to Bernard

This poem is made by one of our groups for our cook Bernard:

Merci Bernard!

*À la Borde Blanche il y a notre chef Bernard
Il cuisine de délicieux plats végane, non, pas de canard!*

*Chaque jour il nous surprend avec quelque chose de nouveau
Et le goût est absolument délicieux, chapeau!*

*Il est un grand créateur
Et il fait avec son coeur*

*Par exemple sa quiche aux asperges sauvages
Tofu doux et il ne fait pas cuire un ravage*

*Ses plats sont très inspirants
Nous allons essayer d'être son aspirant*

*Chaque déjeuner se termine par une grande finale
Chaque dessert est absolument phenomenal!*

Nous vous remercions de prendre soin de nous avec de la nourriture délicieuse! Merci beaucoup!

Liesbeth, Mieke, Peter, Vera, Kim et Ingeborg





Agenda & Prices La Borde Blanche 2023

18- 28 March

Yoga & Meditation Intensive Retreat

Science of Soul

Module 5 of the Raja Yoga Teacher Training

8 – 15 April

Yoga Retreat & Energy Healing Course Part 1

22-29 April

Yoga & Meditation Basic Retreat

A Journey through the Yamas & Niyamas

Basic Module of the Raja Yoga Teacher Training

6-16 May

Yoga & Meditation Intensive Retreat

Yoga & Self -Management

Deepening Module of the Raja Yoga Teacher Training

27 May – 3 June

Yoga & massage Retreat

17 – 24 June:

Midsummer Yoga & Meditation Retreat

01-11 July:

Yoga & Meditation Intensive Retreat

Introduction to the Bhagavad Gita

Module 3 to the International Raja Yoga Teacher Training

22 July - 29 July:

Yoga & Nature Retreat for Families

05 – 12 August

Yoga & Nature Retreat for Families

19 – 26 August

Yoga & Meditation Basic Retreat

A Journey through the Chakras

Basic Module of the Raja Yoga Teacher Training



02 -09 / 09 - 16 September
Yoga, Nature & Hiking Retreat

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

14 -21 October:
Yoga & Coaching with Horses Retreat

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

28 December 2023 – 04 Jan 2024
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 also offer the possibility to camp during our retreats with a discount of 25% on the price based on a single room!



La BordeBlanche