



La Borde Blanche

Newsletter Spring 2023

Dear Friends,

We hope you are all well!

In this newsletter you will find some updates from la Borde Blanche and our agenda for 2024!

With loving regards,

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.



Meditations on the Yoga Sutras of Patanjali 🌱

Together with her British editor Kirsten Dwight, Elleke used the winter to finish the English translation of her successful book: *Meditations on the Yoga Sutras of Patanjali*, published by Tattwa. It is worldwide available via Amazon, bol.com and your bookstore.



Veggie garden 🌱

We made efforts to expand our veggie garden and planted more fruit trees.



Almond blossom in February

Nara frá Fridardúfu 🌱

Temporarily our herd of horses has been expanded with Marianne's horses, whom some of you know from the Coaching with Horses Retreats. This in order for her mare to give birth amidst her family herd. And on the 16th of May she gave birth to Nara frá Fridardúfu, a colourful little mare who now gallops the meadows of La Borde Blanche.



Spotlight on:

10-17 June: The Cathar Renaissance of the Spirit in Our Time with David Lorimer

(only a few spaces left)

This is going to be a very special week in these turbulent times that call for true inner strength, clarity, discernment, vision and firm commitment to an awakened world. We will visit various Cathar sacred sites as well as having inspirational talks on the Cathars, Mary Magdalene and her 'Gospel of the Beloved Companion' and the Cathar Renaissance of the Spirit in our Time. The Cathar Region is very special and holds a high healing frequency, which you will experience during your week here. You will also be learning how to dance the paneurhythmy created by the Bulgarian sage Beinsa Douno (Peter Deunov 1864-1944) and there will be explanations of his key teachings on Love, Wisdom and Truth. See our website for general details about this week <https://www.cathar-retreats.com/retreats-2019>, or email Marianne, Marianne.mierlo@gmail.com.



Spotlight on:

Our Midsummer Yoga & Meditation Retreat: Connecting with Nature 🌱

This is one of our most beautiful retreats! In addition to our daily schedule of yoga asanas and meditation, each day we offer an outdoor meditation around a different theme. In the guidance we learn to structure a meditation and to consciously connect and communicate with plant-, animals-and deva kingdoms of nature.

We'll celebrate Midsummer night around a bonfire.

Only a few places left this year! 🌱

Most retreats this summer are already fully booked.

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

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

02 -09 / 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 December 2023 – 04 Jan 2024 € 1025
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 20% on the price based on a single room!

Agenda La Borde Blanche 2024 🌱

30 December 2023 – 06 Jan 2024
New Years Eve Retreat

23 March -2 April
Yoga & Meditation Intensive Retreat
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

27 April – 4 May
Yoga, Nature & Hiking Retreat

11-18 May
Yoga & Meditation Basic Retreat
A Journey through the Chakras

25 May- 4 June
Silence Retreat



15 - 29 June Not available

29 June -9 July:

Yoga & Meditation Intensive Retreat:

Continuation of the Bhagavad Gita

Module 4 of the International Raja Yoga Teacher Training

20 July - 27 July:

Yoga & Nature Retreat for Families

03 - 10 August

Yoga & Nature Retreat for Families

17 - 24 August

Yoga & Meditation Basic Retreat:

A Journey through the Yamas & Niyamas

07 - 14 September

Yoga, Nature & Hiking Retreat:

21 September - 01 October:

Yoga & Meditation Intensive Retreat:

Continuation of the Yoga Sutras of Patanjali

Module 2 of the International Raja Yoga Teacher Training

12 - 19 October:

Yoga & Coaching with Horses Retreat:

26 October -2 November

Yoga Retreat & Energy Healing Course Part 4

28 December 2024 - 04 Jan 2025

New Years Eve Retreat



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