



## Yoga week July 5th - 11th 2026

Theme: Breathing in the fresh air of the Morvan

In a relaxed atmosphere, we organise a week of yoga for beginners and advanced practitioners in open air. Have you never done yoga before? Then this is a great opportunity to get acquainted with it in an accessible way. With our flexible programme, there is a lot to do, with no obligation whatsoever. Even for more advanced enthusiasts, there is still a lot to discover in breath deepening during poses.

During this week, we'll spend quite some time on "pranayama", a yoga term which embodies way more than just breathing. It's about stimulating life energie. Through active use of the diaphragm, you'll feel energy flowing through your body. The attention to breathing will be approached in a very "light" way.

We made an open programme, in which you can participate according to your own wants and needs. In addition, there is plenty of room for you to add your own activities during the week.

For more information about your stay, please contact La Gagère.

The yoga activities are led by Martin Struik, an experienced yoga teacher and therapist. The yoga will be taught in French, Dutch, English and German, depending on the needs of the group.

Sign up:





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Arrival	Till Sunday afternoon, July 5th		
Sunday			
4 pm	Yoga introductory session to explore the programme and get to know each other.		
6 pm	Dinner		
Monday			
8.30 am	Active morning yoga		
9 am	Breakfast		
9.45 – 11.30 am	Calm yoga with chest openers		
4 – 5 pm	Optionnel: Conscious breathing, Prana vayu		
6 pm	Dinner		
8 pm	Active breathing with Prana Vayu		
Tuesday			
8.30 am	Active morning yoga		
9 am	Breakfast		
9.45 – 11.30 am	Calm yoga with attention to the core, our navel area and lower back		
4 – 5 pm	Optionnel: Yoga focussing on digestion; Samana Vayu		
6 pm	Dinner		
8 pm	Yoga in the sauna		
Wednesday			
8.30 am	Active morning yoga		
9 am	Breakfast		
9.45 – 11.30 am	Calm yoga with heart openers		
4 – 5 pm	Optionnel: Yoga focussing on throat chakra; Udana Vayu		
6 pm	Dinner		
8 pm	Meditation and Mantra songs		
Thursday			
8.30 am	Active morning yoga		
9 am	Breakfast		
9.45 – 11.30 am	Yoga poses focused on the pelvic area		
4 – 5 pm	Optionnel: Yoga about letting go; Apana vayu		
8 pm	Yoga nidra with singing bowls		
Friday			
8.30 am	Active morning yoga		
9 am	Breakfast		
9.45 – 11.30 am	Finding balance in yoga		
4 – 5 pm	Optionnel: Smooth yoga movements for flow		
6 pm	Dinner		
8 pm	Banja (Russian sauna)		
Saturday			
9 am	Breakfast		
	Departure (or stay a little longer)		