

GARDON CANYON

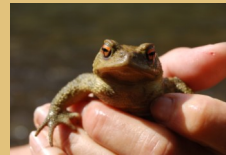
*The Gardon Canyon shelters beavers, eagles and vulturs.
Numerous caves and hermitages invite you to meditation and adventure.*



Myriam,
Mountain guide, Reiki master, yoga teacher, meditation and body-oriented therapy, shares her passion for the beauty of wilderness.

*« Beauty before me, make it possible that I walk
Beauty behind me, make it possible that I walk
Beauty above me, make it possible that I walk
Beauty below me, make it possible that I walk
Beauty surrounding me, make it possible that I walk »
Navajo Shaman chant »*

**www.aventure-decouverte-nomade.fr
06 86 69 30 55 ou 09 82 12 20 43**



Meditation

In caves and hermitages

27 SEPTEMBER

11 OCTOBER

15 NOVEMBER

06 DECEMBER

Meeting at 10am

on the site of Aventure Decouverte Nomade

Walking, breathing, meditating, listening, feeling, stasting, touching , we can nourish ourselves with vital energy.

We practice mindfulness meditation in caves or hermitages with Anne Soulet who received her teachings from the source.

Anne Soulet qui a reçu son enseignement à la source.

Accessible to all

Plan to bring proper trekking clothes and shoes, food and beverages.

Fee: 25 euros for the day

Registration : Myriam 06 86 69 30 55

