'() WEEKLY PROGRAMME L'OSTALAS*							
07:45 - 08:30	MONDAY Procletors 1st convices	TUESDAY Breakfast, 1st service	WEDNESDAY Breakfast. 1st service	THURSDAY	FRIDAY	SATURDAY Breakfast, 1st service	SUNDAY Procletest 1st convice
07.45 - 06.50	Diedkiasi, isi service	Dieakiasi, isi service	Dieakiasi, isi selvice	Diedkidst, ist service	Breakfast, 1st service	Dreakiasi, isi service	Breakfast, 1st service
08:30 - 09h30	Shinrin yoku	Taï chi chuan	Qi gong	Vocal wakening	Sun salutation	5 Tibetans	Do-in
09h30 - 10h00	Breakfast, 2d service	Breakfast, 2d service	Breakfast, 2d service	Breakfast, 2d service	Breakfast, 2d service	Breakfast, 2d service	Breakfast, 2d service
10:00 - 10:30							
	Vinyasa yoga	Postural Gymnastics	Afghane walk to Lafrançaise's market	Stretching	Pilates	Stretching	Postural Gymnastics
10:30 - 12:00							
12:00 - 12:30			Free lunch				
12:30	Lunch	Lunch		Lunch	Lunch	Lunch	Lunch
17:30 - 18:30	Crystal bolws relaxation session	Facial & eye yoga	Sophrology	Cardiac Coherence	Meditation	Yin Yoga	Laughter yoga
18:30 - 19:30							
19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
*programme subject to slight changes							