

'() WEEKLY PROGRAMME L'OSTALAS*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:45 - 08:30	<i>Breakfast, 1st service</i>	<i>Breakfast, 1st service</i>	<i>Breakfast, 1st service</i>	<i>Breakfast, 1st service</i>	<i>Breakfast, 1st service</i>	<i>Breakfast, 1st service</i>	<i>Breakfast, 1st service</i>
08:30 - 09h30	Shinrin yoku	Tai chi chuan	Qi gong	Vocal wakening	Sun salutation	5 Tibetans	Do-in
09h30 - 10h00	<i>Breakfast, 2d service</i>	<i>Breakfast, 2d service</i>	<i>Breakfast, 2d service</i>	<i>Breakfast, 2d service</i>	<i>Breakfast, 2d service</i>	<i>Breakfast, 2d service</i>	<i>Breakfast, 2d service</i>
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			<i>Free lunch</i>				
12:30	<i>Lunch</i>	<i>Lunch</i>		<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
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	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>

*programme subject to slight changes