

2024 WEEKLY PROGRAMME L'OSTALAS*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:45	<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 - 09:30	Tai chi chuan	Qi gong	<i>Breakfast</i>	Vocal wakening	Sun salutation	5 Tibetans	Do-in
09:30	<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>
			Shinrin yoku & Afghan walk to Lafrançaise's market	Postural Gymnastics Flow	Pilates	Stretching	Postural Gymnastics
10:30 - 12:00	Vinyasa yoga	Stretching					
12:30	<i>Lunch</i>	<i>Lunch</i>	<i>Free 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
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