

SUMMER 2026 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	Tāi chi Chuan	Marquise de Dai's stick	<i>Breakfast - single service</i>	Mindful yoga / Dragon dance	Sun salutation	Morning yoga / 5 Tibetans	Qi gong
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 open-air market				
10:30 - 12:00	Vinyasa yoga	Stretching		Postural gymnastics	Pilates	Stretching	Postural gymnastics
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	Laughter yoga	Sophrology	Ayurveda & nutrition	Munz floor	Meditation	Yin yoga	Facial & eye 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