

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