

Mindfulness

Silent participation in meditation « bhaj »

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Wednesdays/year
from 10am to 5pm

Where :
Harmonîmes

Nîmes-West



Join us for the length of time you wish to stay. There is no teaching and we respect silence as it is in silence that unfolds the spring of our energy.

The day unfolds with the practice of sitting and walking meditation as well as breaks including stretches and relaxation. You can bring your lunchbox to enjoy between 12.30 and 1pm.

For further inquiry:
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Fee : mindful participation.

This day is reserved for silent practice together. It is important that you inquire about it beforehand so that you can easily join the group remaining silent.