

**Mindfulness**

**Silent  
participation in  
meditation  
« bhaj »**

**40  
Wednesdays/year  
from 10am to 5pm**



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.

**Silent Space  
in Cabrières**

**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.**