

**Friday 30/6**

15:00	
15:30	
<b>16:00</b>	<b>Opening</b>
16:30	
17:00	
17:30	Qi Gong / Yoga
18:00	Conscious breathing
18:30	Tai Chi
19:00	Meditation
19:30	Body awareness workshop
20:00	Musical Pause Zen
20:30	Qi Gong / Yoga
21:00	Conscious breathing
21:30	Tai Chi
22:00	Meditation
22:30	Musical Pause Zen
23:00	Body awareness workshop
<b>23:30</b>	<b>End</b>

**Saturday 1/7**

<b>15:00</b>	<b>Opening</b>
15:30	
16:00	
16:30	Tai Chi
17:00	Body awareness workshop
17:30	Qi Gong / Yoga
18:00	Conscious breathing
18:30	Meditation
19:00	Musical Pause Zen
19:30	Tai Chi
20:00	Atelier de conscience corporelle
20:30	Qi Gong / Yoga
21:00	Conscious breathing
21:30	Meditation
22:00	Musical Pause Zen
22:30	Body awareness workshop
23:00	Meditation
<b>23:30</b>	<b>End</b>

**Sunday 2/7**

<b>15:00</b>	<b>Opening</b>
15:30	
16:00	
16:30	Body awareness workshop
17:00	Qi Gong / Yoga
17:30	Conscious breathing
18:00	Meditation
18:30	Tai Chi
19:00	Body awareness workshop
19:30	Musical Pause Zen
20:00	Qi Gong / Yoga
20:30	Conscious breathing
21:00	Meditation
21:30	Tai Chi
22:00	Musical Pause Zen
22:30	Conscious breathing
23:00	Meditation
<b>23:30</b>	<b>End</b>