

01 **Calendar — Collective therapeutic accompaniment — word · creativity · breath** 2026-2027

Word, creativity and breath: three gatherings to move through the year together, in a safe and caring setting. You set down what weighs on you, explore differently and breathe more deeply. No prerequisites — each session stands on its own.

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September2026						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
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October2026						
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November2026						
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December2026						
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January2027						
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February2027						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

22	23	24	25	26	27	28

March 2027						
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29	30	31				

April 2027						
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May 2027						
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31						

June 2027						
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28	29	30				

July 2027						
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26	27	28	29	30	31	

Your gatherings in detail — 3 gatherings

Friday 11 December 2026

09:00

Circle of words and creativity

A circle of listening and exchange to speak about what you carry — without having to carry it alone. Words flow in trust, in a kind and safe setting, and open into creative exploration — writing, collage, movement — to let emerge what words alone cannot always

Saturday 13 March 2027

06:00

Holistic breathing

Co-facilitated with Marie-Pierre Barthou. A journey into the resources of the breath to relax the body, calm the mind and revive your vital energy.

Friday 18 June 2027

09:00

Circle of words and creativity

A last meeting before summer, to close the season with awareness and leave lighter. Through words and a shared creation, a time to celebrate the path travelled together.

 **Book by message — places are deliberately limited**
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