



Calendar — Weekend “Au cœur de Soi” 2026–2027

Massage, mindful eating, meditation, yoga, body awareness and dance: a whole weekend to offer body and heart a true pause. The venue, in Gironde, will be announced soon — very limited places.

contact@corps-et-conscience.net · 07 67 55 33 78 · corps-et-conscience.net

September2026						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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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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22	23	24	25	26	27	28
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March2027						
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April2027						
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May2027						
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June2027						
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July2027						
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26	27	28	29	30	31	

Your gatherings in detail — 1 gathering

Saturday 3 July 2027 & Sunday 4 July 2027

Full weekend “Au cœur de Soi”

Long time to truly slow down: massage care, body-awareness workshops, yoga, meditations, shared meals and free time. The Gironde venue will be confirmed as soon as it is final.

 **Book by message — places are deliberately limited**
contact@corps-et-conscience.net · 07 67 55 33 78 · corps-et-conscience.net/programme