

Season calendar 2026–2027

Gatherings to slow down, breathe and reconnect with yourself — in Gironde. Each chip matches the emoji and colour used on the website.

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

Collective therapeutic accompaniment

3 gatherings · circles of words & creativity, holistic breathing

Yoga & meditation mornings

3 Saturdays · 6.30–11.30 am · seasonal themes

Days with Corps & Conscience

3 Sundays · 10 am–4 pm · morning yoga/meditation, afternoon dance/body

Weekend “Au cœur de Soi”

1 weekend · 3–4 July

Creative dance

10 Wednesdays · 7.30–9.30 pm

Body in motion

10 Wednesdays · 7.30–9.30 pm

September

2026

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16 Dance 7.30 pm	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October

2026

M	T	W	T	F	S	S
			1	2	3	4
5	6	7 Body 7.30 pm	8	9	10	11
12	13	14 Dance 7.30 pm	15	16	17 Morning 6.30 am	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

2026

M	T	W	T	F	S	S
						1
2	3	4 Body 7.30 pm	5	6	7	8
9	10	11	12	13	14	15 Day 10 am–4 pm
16	17	18 Dance 7.30 pm	19	20	21	22
23	24	25	26	27	28	29
30						

December

2026

M	T	W	T	F	S	S
	1	2 Body 7.30 pm	3	4	5	6
7	8	9	10	11 Cercle 7 pm	12	13
14	15	16 Dance 7.30 pm	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Season calendar 2026–2027

CORPS & CONSCIENCE · GIRONDE

📧 Book by message — places are deliberately limited

January 2027						
M	T	W	T	F	S	S
				1	2	3
4	5	6 🧘 Body 7.30 pm	7	8	9 🌅 Morning 6.30 am	10
11	12	13	14	15	16	17
18	19	20 💃 Dance 7.30 pm	21	22	23	24
25	26	27	28	29	30	31

February 2027						
M	T	W	T	F	S	S
1	2	3 🧘 Body 7.30 pm	4	5	6	7 ☀ Day 10 am–4 pm
8	9	10 💃 Dance 7.30 pm	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2027						
M	T	W	T	F	S	S
1	2	3 🧘 Body 7.30 pm	4	5	6	7
8	9	10	11	12	13 💨 Breathing 3 pm	14
15	16	17 💃 Dance 7.30 pm	18	19	20	21
22	23	24	25	26	27	28
29	30	31 🧘 Body 7.30 pm				

April 2027						
M	T	W	T	F	S	S
			1	2	3 🌅 Morning 6.30 am	4
5	6	7 💃 Dance 7.30 pm	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Practical info

Booking & enquiries

Each gathering is booked by message — places are deliberately limited.

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Where does it happen?

Venues in Gironde — Cadillac-en-Fronsadais, Cézac — and online, depending on the gathering.

corps-et-conscience.net

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May 2027						
M	T	W	T	F	S	S
					1	2 ☀ Day 10 am–4 pm
3	4	5 🧘 Body 7.30 pm	6	7	8	9
10	11	12	13	14	15	16
17	18	19 💃 Dance 7.30 pm	20	21	22	23
24	25	26	27	28	29	30
31						

June 2027						
M	T	W	T	F	S	S
	1	2 🧘 Body 7.30 pm	3	4	5	6
7	8	9	10	11	12	13
14	15	16 💃 Dance 7.30 pm	17	18 🌀 Cercle 7 pm	19	20
21	22	23	24	25	26	27
28	29	30 🧘 Body 7.30 pm				

July 2027						
M	T	W	T	F	S	S
			1	2	3 🌿 Weekend 3–4	4 🌿 Weekend 3–4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Also this season

Weekly Kundalini yoga classes

All season long: Mondays in Cézac, Tuesdays in Cadillac-en-Fronsadais, and online on Tuesdays at 12.30 pm.

A regular weekly gathering

As a bonus · Mantra evenings

Singing, vibrations and meditation, no experience needed — with the Praise collective.

A gentle way to keep the experience going

📩 Book by message — places are deliberately limited

contact@corps-et-conscience.net · 07 67 55 33 78 · corps-et-conscience.net · Wishing you a beautiful 2026–2027 season — see you soon.