

# Unwind by the waters



Reconnect in joy and serenity  
to yourself, to others and to the Earth

Sharing activities & practices in group  
for a half-day or a full day

Ousson sur Loire (Centre Val de Loire, 160km South of Paris)



# Program

## Nurture

Discover the paths of Buddhism in India on a related journey.

Explore some scientific advances on the memory of water and the grounding to the Earth.

## Reconnect

Eyes amazed, walk in mindfulness and sit down in relaxation to reconnect to nature.

Eyes closed, refocus on your heart and breathe deeply, meditate and be guided to reconnect to yourself.

Sharing circle, Qi Gong.

## Create Beauty

Offer our flower petals to the waters of the river.

Dance playfully on a little choreography inspired from the Khmer ballet, dance freely and rejoice.

# Your hosts



Jean Oudinot

*Certified teacher of meditation and Qi Gong*  
*Executive coach*

Native from Laos, Jean teaches meditation and Qi Gong at the Buddhist pagoda of Moissy-Cramayel (France) where he had been a monk. He will relate his journeys on the paths of Buddhism in India and the cradle of Qi Gong in the mountains of China.

Being a coach for executive managers, he will welcome you with his benevolent listening.

Native from Cambodia, Julie assists people in reconnecting to their true Beings and to the world. She will guide you to encounter your heart and your inner child, where we will bring our love, compassion and gratitude.

She will share her wonder for the complex post-materialistic sciences and for the simple beauty of life.



Julie Svay

*Certified practitioner of sophro-analysis*  
*Certified resilience trainer*

# Information

- Reception on Saturdays  
options for an afternoon or a full day with lunch  
in a group of 10-12 persons  
activities in a family house and on the river banks of the Loire
- Place : Ousson sur Loire (45250), charming tiny village of France, nested along the Loire river.



*165km South of Paris (1h40 by car on highways A6-A77)  
7km from Briare and its famous Pont Canal by Gustave Eiffel (1h30 by train from Paris Austerlitz then arranged transportation to Ousson sur Loire)  
40km from the vineyards of Pouilly sur Loire and Sancerre  
We can assist you for an accommodation in the village.*

# Contact us

To enquire about the next dates, prices and reservations :

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