

Where to stay

At the seminar venue itself... We offer a 3-room apartment for a maximum of 5 people sharing a bathroom, and an additional room with a double bed. *Prices:* from 45 euros (double room, price per person) to 80 euros (single room)

Address: **Jardin Prangeleu, Grand Bru 10, 6941 Villers-Ste-Gertrude**
website: prangeleu.be/room/mainroom/

Nearby... there are many other charming gîtes in the vicinity, and we'd be happy to help you organise your accommodation.

Why not add on a few days and get to know the region. Let us know how long you'd like to stay so we can help you with the booking.



*Jardin Prangeleu
in Grand Bru*

If you are interested in the seminar or if you'd like more information, please contact Nina:
nina@ninaanaisklein.de

To register, please transfer a part payment of 100 euros to the following account, no later than 15 November 2019. Use the communication: IN THE BALANCE and YOUR NAME.

*Paulette Matkovic
Triodos Bank Belgium
BE54 5230 8069 6597
BIC: TRIOBEBB*

In the Balance

*A weekend of
yoga, massage and
meditation, with
delicious organic food
and encounters with
nature*

*Discover and
maintain your own
healthy balance*

**30 November – 1 December
2019**

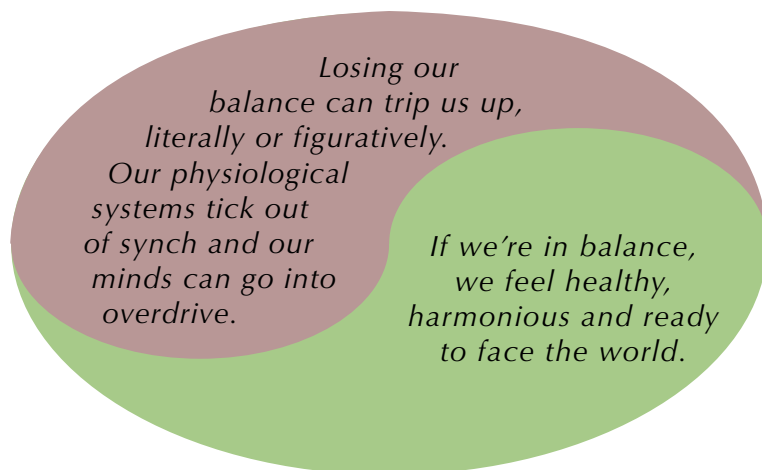
**Villers-Sainte-Gertrude
Durbuy, Belgium**





Health is really about balance, at all levels:

physical, physiological and mental.



We invite you to find your own balance, with a beneficial mix of yoga exercises, massage and meditation, as well as excursions into nature and some delicious, home-made organic food. You will spend two days as part of a small group (max. 10 people), in a beautiful old farmhouse with a wild, permaculture garden, in the bucolic region of Durbuy, just south of Liège.

Who are we?

Paulette and Nina are both yoga teachers and certified yoga therapists, who will share a “hit-list” of exercises for balance, so you will gain a practical routine you can easily integrate into your daily life. This draws not only on yoga, but also mindfulness, massage (do-in, shiatsu) and healing touch (jin shin jyutsu).

We'll also examine the principle of balance in nature and the importance of our relationships to nature and to the food we eat, with help from **Alastair**, a gardener, beekeeper and enthusiastic cook, with a keen interest in permaculture and nature.

If you wish to work on specific health issues, you can also book an additional, individual session with Paulette or Nina, to receive a tailor-made yoga session for health that you can practise at home.

Paulette Matkovic yoga teacher, certified in yoga therapy
website: paulettematkovic.com/en/about

Nina Klein yoga teacher, certified in yoga therapy
website: prangeleu.be/theproject/yoga-and-yoga-therapy

What does the weekend cost?

Price: 350 euros incl. VAT

This includes two full days of seminar (250 euros) and meals: (2 lunches, 2 breakfasts, 2 coffee/tea breaks, with homemade, local and organic vegetarian food (100 euros). *Please let us know in advance if you have any allergies, food intolerances or special dietary requirements!*

Not included in the price:

Dinner together in Durbuy including a tour of the “World’s Smallest City” (30 Nov., Saturday evening, ca. 7:30 pm – 10:30 pm)

Optional individual yoga lesson with Nina or Paulette, before or after the seminar: 80 euros (1 1/2 hours)

Accommodation