

🌟 ALL ABOUT THE UPCOMING RETREAT! 😊

### 🍂 Autumn is here...

In Tibetan Medicine, each season influences our body and mind.

In autumn, it is the energy of **Wind (Lung)** that becomes predominant: if unbalanced, it brings mental restlessness, insomnia, anxiety, dryness, and instability.

This is also a key moment to **prepare for winter**:

👉 by calming the Wind to restore peace, stability, and clarity,

👉 by awakening the Inner Fire (Tummo) to nourish our vitality, warm the body, and strengthen our grounding.

✨ I invite you to join a **unique retreat**, where we will practice:

- Breathwork and Tsa Lung,
- Lu Jong, Tibetan healing yoga,
- Tog Chöd, the Sword of Wisdom,
- Kum Nye,
- and Oral Teachings.

🎯 **The retreat's intention** is to enter winter with a clear mind, a stable body, and radiant energy — by calming the Wind (Lung) and awakening the Inner Fire (Tummo) to boost our vitality and anchor our strength.

All these practices are taught under the perspective of Tibetan Buddhism. They are **newly introduced in the Western world** yet date back **18,000 years...**

These practices aim to settle the mind. Nowadays, we face many distractions due to social networks and constant phone use, which leads to memory loss, lack of concentration, a restless mind with fluctuating emotions, and loss of inner energy.

👉 On the physical level, we spend more time seated, which slows down the body's energy flow.


The result: joint pain, lack of flexibility, decreased muscle tone, as well as loss of mobility and coordination.


These Tibetan practices work on a **deep breathing level**, alternating between slow-motion and dynamic movements, all combined with mindfulness and energy stimulation.

**Everyone is welcome**, as each person practices according to their own body. This retreat is open to everyone from **18 to 108 years old**.

👉 **There are 2 ways to join the retreat** (since it is open to all and combined with the 1st week of Tog Chöd Teacher Training):

### **1 You just want to do the retreat:**

 Sunday 21st September (2:00 pm) → Thursday 25th September (12:30 pm)

 Every day: 8:30 am – 12:30 pm & 2:00 pm – 5:30 pm

Anyone can join! We learn the movements and practice them mainly in a **mindfulness flow**. Later on, once your concentration deepens — and if your body wishes — you'll be able to practice in a much more **cardio and intense way** to boost your energy.

### **2 You are interested in Teacher Training but not sure yet...**

Join the retreat and discover the two main practices: Lu Jong Tibetan Healing Yoga and Tog Chöd, the Sword of Wisdom.


Then you can decide! You may enter both Teacher Trainings, or just one.

👉 If you choose **Tog Chöd**, you will stay one more day: Sunday 21st September (2:00 pm) → Friday 26th September (12:30 pm).

👉 For **Lu Jong Teacher Training**, dates are already available online, and each LIVE session can also be done Face-to-Face if you live in Chamonix.

### **3 No doubt — you definitely want to do the Teacher Training!**

Contact me and I will explain everything. You will then join the **full retreat** from Sunday to Friday.

 **Bonus:** Joining a Teacher Training in Lu Jong or Tog Chöd gives you **free and unlimited access** to all Tibetan yoga classes in Chamonix from September until May/June 2026.

### **? Want more info?**

👉 Book a Visio call with me so we can talk about it, or simply message me on WhatsApp.

### **✓ BOOK A TIME ON VISIO:**

<https://calendly.com/yogasbouddhistesbyval/coaching-individuel-et-personnalise>

**✓ WHATSAPP:** +33 7 43 66 99 43

### **✓ WEBSITE (retreat info & prices):**

<https://www.yogasbouddhistes.com/retraites>

See you soon? 😊