

NEW WILD PATHS - TRAVEL WITH MEANING

AFRICAN DANCE - AFROYOGA® - NATURE EXPERIENCE BETWEEN HEAVEN AND EARTH

In the footsteps of a sustainable lifestyle

19.8.23 – 25.8.23, Camping Poul'Art, Rieumes-le-Foirail , Haute Garonne

under the guide of Monika Adele Camara - www.monika-adele-camara.de

„I discovered liberating, blockage-releasing movements of African dance paired with relaxing techniques of classical yoga at beautiful nature. Thank you M.A. Camara for the most inspiring holiday of my life" - Paula, teacher

Enjoy with me 7 inspiring, fair and recreational days in common south of the France.

River landscape in an old orchard of 250 m²! **Camping Poul'Art**, filled with apple, pear, plum and fig trees, is part of the joint project of Sophie Rabhi and her association for the common good OASIS DE POUL'ART. The camping concept is based on ecology and decelerated quality of life.

Oasis de Poul'Art is specialized in the organization of conferences, seminars, and therefore an ideal partner for our AFROYOGA® RETREAT. It is suitable for children and adults and gives us our guests a first-hand insight into the life and work of the intergenerational community in the direction of a holistic, sustainable and ecological lifestyle. We have access to the restaurant (vegetarian cuisine), the reading café, the media library, the games library.

There is the possibility of co-working (karmayoga) in the garden as well as in the restaurant. A rehearsal room is at our disposal in case of bad weather and if you wish, you can add to my daily guided classes of AFROYOGA® outdoors treatments and massages from home. The surrounding nature allows for relaxing walks, especially on the community trail along the Bure River.



"The Oasis de Poul'Art is guided by ecological principles: production of healthy local food, cooperative and solidarity operation, pooling of know-how and means, with a cultural, environmental and educational dimension (Children's Farm – Free School on the farm), but also the economic and social vocation. A functional habitat, not very greedy for energy, in which we learn to live in a happy simplicity surrounded by healthy nature.

Written registration via camara-artwork@gmx.de and payment of the seminar price of 350.00 on account or live on site at the Oasis de Poul'Art. The reservation of accommodation (between 84.00 euros and 184.00 euros) is made directly via the address of the campsite with the note AFROYOGA 19.8. - 25.8.23, not later than 31.7.23. <https://oasisdepoulart.org/camping> : 0033+6 27 48 32 32 . Menu of the day approx. 12,00/6 Euro per child.

You are welcome to book in advance or spontaneously (if places are available) a longer stay in the place of OasisPoul'Art. More information on prices and accommodation (tent, yurt, CampingCar, mobile home, dormitory, double/family room of your choice, itinerary. To make your stay as relaxed as possible, it is essential to make a reservation in advance!

Depuis Toulouse en bus, covoiturage ou taxis (entre 2,00 et 90 euros) vous amenera a notre lieu du stage : www.rome2rio.com/de/map/Toulouse/Rieumes-le-Foirail

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