

# DHARMA YATRA

Walk, and slow down

Contemplative walk in the Lot, France

15<sup>th</sup> to 24<sup>th</sup> of July

Live 10 days with the rhythm of walking with mindfulness. With meditation, spiritual / philosophical teachings and beautiful meetings in community.

DHARMA



NATURE

Infos: [dharmanature.org](https://dharmanature.org)

# DHARMA YATRA

Walk, and slow down

Contemplative walk in the Lot, France

15<sup>th</sup> to 24<sup>th</sup> of July

Live 10 days with the rhythm of walking with mindfulness. With meditation, spiritual / philosophical teachings and beautiful meetings in community.

DHARMA



NATURE

Infos: [dharmanature.org](https://dharmanature.org)