



# Activités Cultiver son Enthousiasme 2026-2027

Version Juil 2026

**Yoga du Rire**  
17 séances 20h-21h00  
17 séances

**Relaxation sonore**  
21h30  
14 séances

**Mantras**  
21h30  
12 séances

**Méditation**  
20h-21h  
9 séances

**Yoga Nidra**  
20h-21h  
10 séances

**Atelier surprise**  
14h-17h  
2 ateliers

| Septembre |   |              | Octobre |                | Novembre |                      | Décembre |                | Janvier |                | Février |                | Mars |                    | Avril |                | Mai       |                | Juin           |                | Juillet   |   | Août       |    |                      |   |
|-----------|---|--------------|---------|----------------|----------|----------------------|----------|----------------|---------|----------------|---------|----------------|------|--------------------|-------|----------------|-----------|----------------|----------------|----------------|-----------|---|------------|----|----------------------|---|
| 1         | M |              | 1       | J Méditation   | 1        | D                    |          | 1              | M       |                | 1       | V Yoga du rire | 1    | L                  |       | 1              | J Mantras | 1              | S              |                | 1         | M |            | 1  | J Soirée fin d'année |   |
| 2         | M |              | 2       | V              | 2        | L Yoga du rire       | 2        | M              |         | 2              | S       |                | 2    | M                  |       | 2              | V         |                | 2              | D              | 2         | M |            |    |                      |   |
| 3         | J |              | 3       | S              | 3        | M                    | 3        | J Mantras      | 3       | D              |         | 3              | M    |                    | 3     | S              |           | 3              | L Yoga du rire | 3              | J Mantras | 3 | S Vacances | 3  | M                    |   |
| 4         | V |              | 4       | D              | 4        | M                    | 4        | V              | 4       | L Yoga du rire | 4       | J Mantras      | 4    | J                  |       | 4              | D         | 4              | M              |                | 4         | V | 4          | D  | 4                    | M |
| 5         | S | FORUM        | 5       | L Relax sonore | 5        | J                    | 5        | S              | 5       | M              | 5       | V              | 5    | V                  | 5     | L Yoga du rire | 5         | M              | 5              | S              | 5         | L | 5          | J  |                      |   |
| 6         | D |              | 6       | M              | 6        | V Assemblée Générale | 6        | D              | 6       | M              | 6       | S              | 6    | S                  | 6     | M              | 6         | J              | 6              | D              | 6         | M | 6          | V  |                      |   |
| 7         | L |              | 7       | M              | 7        | S                    | 7        | L Yoga du rire | 7       | J Mantras      | 7       | D              | 7    | D                  | 7     | M              | 7         | V              | 7              | L Yoga du rire | 7         | M | 7          | S  |                      |   |
| 8         | M |              | 8       | J Mantras      | 8        | D                    | 8        | M              | 8       | V              | 8       | L Relax sonore | 8    | L Yoga du rire     | 8     | J Yoga Nidra   | 8         | S              | 8              | M              | 8         | J | 8          | D  |                      |   |
| 9         | M |              | 9       | V              | 9        | L Relax sonore       | 9        | M              | 9       | S              | 9       | M              | 9    | M                  | 9     | V              | 9         | D              | 9              | M              | 9         | V | 9          | L  |                      |   |
| 10        | J | Méditation   | 10      | S              | 10       | M                    | 10       | J Yoga Nidra   | 10      | D              | 10      | M              | 10   | M                  | 10    | S              | 10        | L Relax sonore | 10             | J Yoga Nidra   | 10        | S | 10         | M  |                      |   |
| 11        | V |              | 11      | D              | 11       | M                    | 11       | V              | 11      | L Relax sonore | 11      | J Yoga Nidra   | 11   | J Mantras          | 11    | D              | 11        | M              | 11             | V              | 11        | D |            | 11 | M                    |   |
| 12        | S |              | 12      | L Yoga du rire | 12       | J Yoga Nidra         | 12       | S              | 12      | M              | 12      | V              | 12   | V                  | 12    | L Relax sonore | 12        | M              | 12             | S              | 12        | L | 12         | J  |                      |   |
| 13        | D |              | 13      | M              | 13       | V                    | 13       | D              | 13      | M              | 13      | S              | 13   | S Atelier Surprise | 13    | M              | 13        | J Mantras      | 13             | D              | 13        | M | 13         | V  |                      |   |
| 14        | L | Yoga du rire | 14      | M              | 14       | S                    | 14       | L Relax sonore | 14      | J Yoga Nidra   | 14      | D              | 14   | D                  | 14    | M              | 14        | V              | 14             | L Relax sonore | 14        | M | 14         | S  |                      |   |
| 15        | M |              | 15      | J Yoga Nidra   | 15       | D                    | 15       | M              | 15      | V              | 15      | L Yoga du rire | 15   | L Relax sonore     | 15    | J Méditation   | 15        | S              | 15             | M              | 15        | J | 15         | D  |                      |   |
| 16        | M |              | 16      | V              | 16       | L Yoga du rire       | 16       | M              | 16      | S              | 16      | M              | 16   | M                  | 16    | V              | 16        | D              | 16             | M              | 16        | V | 16         | L  |                      |   |
| 17        | J | Mantras      | 17      | S Vacances     | 17       | M                    | 17       | J              | 17      | D              | 17      | M              | 17   | M                  | 17    | S Vacances     | 17        | L              | 17             | J Méditation   | 17        | S | 17         | M  |                      |   |
| 18        | V |              | 18      | D              | 18       | M                    | 18       | V              | 18      | L Yoga du rire | 18      | J Méditation   | 18   | J Yoga Nidra       | 18    | D              | 18        | M              | 18             | V              | 18        | D | 18         | M  |                      |   |
| 19        | S |              | 19      | L              | 19       | J Mantras            | 19       | S Vacances     | 19      | M              | 19      | V              | 19   | V                  | 19    | L              | 19        | M              | 19             | S              | 19        | L | 19         | J  |                      |   |
| 20        | D |              | 20      | M              | 20       | V                    | 20       | D              | 20      | M              | 20      | S Vacances     | 20   | S                  | 20    | M              | 20        | J Yoga Nidra   | 20             | D              | 20        | M | 20         | V  |                      |   |
| 21        | L | Relax sonore | 21      | M              | 21       | S Atelier Surprise   | 21       | L              | 21      | J Méditation   | 21      | D              | 21   | D                  | 21    | M              | 21        | V              | 21             | L Yoga du rire | 21        | M | 21         | S  |                      |   |
| 22        | M |              | 22      | J              | 22       | D                    | 22       | M              | 22      | V              | 22      | L              | 22   | L Yoga du rire     | 22    | J              | 22        | S              | 22             | M              | 22        | J | 22         | D  |                      |   |
| 23        | M |              | 23      | V              | 23       | L                    | 23       | M              | 23      | S              | 23      | M              | 23   | M                  | 23    | V              | 23        | D              | 23             | M              | 23        | V | 23         | L  |                      |   |
| 24        | J | Yoga Nidra   | 24      | S              | 24       | M                    | 24       | J              | 24      | D              | 24      | M              | 24   | M                  | 24    | S              | 24        | L Yoga du rire | 24             | J Mantras      | 24        | S | 24         | M  |                      |   |
| 25        | V |              | 25      | D              | 25       | M                    | 25       | V              | 25      | L Relax sonore | 25      | J              | 25   | J Méditation       | 25    | D              | 25        | M              | 25             | V              | 25        | D | 25         | M  |                      |   |
| 26        | S |              | 26      | L              | 26       | J Méditation         | 26       | S              | 26      | M              | 26      | V              | 26   | V                  | 26    | L              | 26        | M              | 26             | S              | 26        | L | 26         | J  |                      |   |
| 27        | D |              | 27      | M              | 27       | V                    | 27       | D              | 27      | M              | 27      | S              | 27   | S                  | 27    | M              | 27        | J Méditation   | 27             | D              | 27        | M | 27         | V  |                      |   |
| 28        | L | Yoga du rire | 28      | M              | 28       | S                    | 28       | L              | 28      | J Mantras      | 28      | D              | 28   | D                  | 28    | M              | 28        | V              | 28             | L Relax sonore | 28        | M | 28         | S  |                      |   |
| 29        | M |              | 29      | J              | 29       | D                    | 29       | M              | 29      | V              |         |                | 29   | L                  | 29    | J              | 29        | S              | 29             | M              | 29        | J | 29         | D  |                      |   |
| 30        | M |              | 30      | V              | 30       | L Relax sonore       | 30       | M              | 30      | S              |         |                | 30   | M                  | 30    | V              | 30        | D              | 30             | M              | 30        | V | 30         | L  |                      |   |
|           |   |              | 31      | S              |          |                      | 31       | J              | 31      | D              |         |                | 31   | M                  |       |                | 31        | L Relax sonore |                |                | 31        | S |            | 31 | M                    |   |

**Contact:** Nelly ADAM Maldidier  
**tel:** 06 49 49 75 49 **Lieu:** salle des Charmilles à Changé

