

| JANVIER 2026 |   |                               |    | FEVRIER 2026 |   |                                          |                                              | MARS 2026 |   |                                                                           |                                                            | AVRIL 2026 |    |                                                   |    |
|--------------|---|-------------------------------|----|--------------|---|------------------------------------------|----------------------------------------------|-----------|---|---------------------------------------------------------------------------|------------------------------------------------------------|------------|----|---------------------------------------------------|----|
| 1            | J |                               |    | 1            | D | 35 bouddhas<br>Lama Teundroup            | O                                            | 1         | D | 5e NN                                                                     | Intro<br>Bouddhisme                                        | 1          | M  | Tara Blanche<br>Lama Tsultrim                     | O  |
| 2            | V |                               |    | 2            | L |                                          |                                              | 2         | L |                                                                           |                                                            | 2          | J  |                                                   |    |
| 3            | S |                               | O  | 3            | M |                                          |                                              | 3         | M | 6e NN                                                                     |                                                            | 3          | V  |                                                   |    |
| 4            | D |                               |    | 4            | M |                                          |                                              | 4         | M |                                                                           |                                                            | 4          | S  | Pratique de méditation de<br>Shiné<br>Lama Sangpo |    |
| 5            | L |                               |    | 5            | J |                                          |                                              | 5         | J | 7e NN                                                                     |                                                            | 5          | D  |                                                   |    |
| 6            | M |                               |    | 6            | V |                                          |                                              | 6         | V |                                                                           |                                                            | 6          | L  |                                                   |    |
| 7            | M |                               |    | 7            | S | Pratique de<br>Sangyé Menla              |                                              | 7         | S | 8e NN                                                                     |                                                            | 7          | M  |                                                   |    |
| 8            | J |                               |    | 8            | D | Lama Anne                                |                                              | 8         | D |                                                                           |                                                            | 8          | M  |                                                   |    |
| 9            | V |                               |    | 9            | L |                                          |                                              | 9         | L |                                                                           |                                                            | 9          | J  |                                                   |    |
| 10           | S |                               |    | 10           | M |                                          |                                              | 10        | M |                                                                           |                                                            | 10         | V  |                                                   |    |
| 11           | D |                               |    | 11           | M |                                          | 25                                           | 11        | M |                                                                           |                                                            | 11         | S  | Méditation<br>Lama<br>Olivier Lebret              |    |
| 12           | L | CENTRE<br>FERMÉ               |    | 12           | J | Long rituel de<br>Mahakala<br>Pernatchen |                                              | 12        | J |                                                                           |                                                            | 12         | D  |                                                   | 25 |
| 13           | M |                               | 25 | 13           | V |                                          |                                              | 13        | V |                                                                           | 25                                                         | 13         | L  |                                                   |    |
| 14           | M |                               |    | 14           | S |                                          |                                              | 14        | S | Comprendre<br>l'inter<br>dépendance<br><br>Khenpo<br>Samdroup<br>Rinpoché | Apprendre à<br>s'abandonner<br><br>O. Pucel<br>B. Villemus | 14         | M  |                                                   |    |
| 15           | J |                               |    | 15           | D |                                          |                                              | 15        | D |                                                                           |                                                            | 15         | M  |                                                   |    |
| 16           | V |                               |    | 16           | L |                                          |                                              | 16        | L |                                                                           |                                                            | 16         | J  |                                                   |    |
| 17           | S |                               |    | 17           | M | Tchilou                                  |                                              | 17        | M |                                                                           |                                                            | 17         | V  |                                                   |    |
| 18           | D |                               |    | 18           | M | Losar Nouvel an                          |                                              | 18        | M |                                                                           |                                                            | 18         | S  | Lojong 1                                          |    |
| 19           | L |                               |    | 19           | J |                                          |                                              | 19        | J |                                                                           |                                                            | 19         | D  | Lama<br>Jean-Marc                                 |    |
| 20           | M |                               |    | 20           | V |                                          |                                              | 20        | V |                                                                           |                                                            | 20         | L  | Lojong 2<br>Lama Jean-<br>Marc                    |    |
| 21           | M |                               |    | 21           | S | 1er Nyounng Né                           |                                              | 21        | S | Les 4 illimités                                                           | Retraite de<br>Shiné<br><br>Lama Cathy                     | 21         | M  |                                                   |    |
| 22           | J |                               |    | 22           | D | Lama Sangpo                              |                                              | 22        | D | Lama<br>Guillaume                                                         |                                                            | 22         | M  |                                                   |    |
| 23           | V |                               |    | 23           | L | 2e NN                                    |                                              | 23        | L |                                                                           |                                                            | 23         | J  |                                                   |    |
| 24           | S |                               |    | 24           | M |                                          |                                              | 24        | M |                                                                           |                                                            | 24         | V  |                                                   |    |
| 25           | D |                               |    | 25           | M | 3e NN                                    |                                              | 25        | M |                                                                           |                                                            | 25         | S  | L'impermanence<br>et la mort                      |    |
| 26           | L |                               |    | 26           | J |                                          | 10                                           | 26        | J |                                                                           |                                                            | 26         | D  | Lama Frédéric                                     | 10 |
| 27           | M |                               |    | 27           | V | 4e NN                                    |                                              | 27        | V |                                                                           |                                                            | 27         | L  |                                                   |    |
| 28           | M |                               | 10 | 28           | S |                                          | Intro<br>Bouddhisme<br>Lama<br>Olivier Clerc | 28        | S | Enseignement<br>et pratique de<br>Tara Blanche<br><br>Lama Tsultrim       |                                                            | 10         | 28 | M                                                 |    |
| 29           | J |                               |    |              |   |                                          |                                              | 29        | D |                                                                           |                                                            | 29         | M  |                                                   |    |
| 30           | V |                               |    |              |   |                                          |                                              | 30        | L |                                                                           |                                                            | 30         | J  |                                                   |    |
| 31           | S | 35 bouddhas<br>Lama Teundroup |    |              |   |                                          |                                              | 31        | M |                                                                           |                                                            | MAI 2026   |    |                                                   |    |
|              |   |                               |    |              |   |                                          |                                              |           |   |                                                                           |                                                            | 1          | V  | Qi Gong<br><br>Tusltrim<br>Namdak                 | O  |
|              |   |                               |    |              |   |                                          |                                              |           |   |                                                                           |                                                            | 2          | S  |                                                   |    |
|              |   |                               |    |              |   |                                          |                                              |           |   |                                                                           |                                                            | 3          | D  |                                                   |    |