

► sélectionnez votre semaine : 6 thèmes pour se cultiver, s'amuser, partager, découvrir...

Semaines \*  
**EMOTION & BIEN ETRE**

Semaines  
**NATURE & RESPIRATION**

Semaines \*  
**ATELIER & DECOUVERTE**

Semaines\*  
**CULTURE & PARTAGE**

**LES FESTIVALS & LES TEMPS FORTS A DINARD**

**LES STAGES DE GOLF (payants) (débutants ou confirmés)**

**janvier**

|    |   |                                  |
|----|---|----------------------------------|
| 1  | V |                                  |
| 2  | S |                                  |
| 3  | D |                                  |
| 4  | L |                                  |
| 5  | M | lectures au coin du feu          |
| 6  | M |                                  |
| 7  | J |                                  |
| 8  | V |                                  |
| 9  | S |                                  |
| 10 | D |                                  |
| 11 | L | Yoga                             |
| 12 | M |                                  |
| 13 | M |                                  |
| 14 | J |                                  |
| 15 | V |                                  |
| 16 | S |                                  |
| 17 | D |                                  |
| 18 | L |                                  |
| 19 | M | BIEN ETRE : gestion des émotions |
| 20 | M |                                  |
| 21 | J |                                  |
| 22 | V |                                  |
| 23 | S |                                  |
| 24 | D |                                  |
| 25 | L |                                  |
| 26 | M | RELAXATION & LACHER PRISE        |
| 27 | M |                                  |
| 28 | J |                                  |
| 29 | V |                                  |
| 30 | S |                                  |
| 31 | D |                                  |

**février**

|    |   |                         |
|----|---|-------------------------|
| 1  | L |                         |
| 2  | M |                         |
| 3  | M | PEINTURE & ART THERAPIE |
| 4  | J |                         |
| 5  | V |                         |
| 6  | S |                         |
| 7  | D |                         |
| 8  | L |                         |
| 9  | M |                         |
| 10 | M | LES FLEURS DE BACH      |
| 11 | J |                         |
| 12 | V |                         |
| 13 | S |                         |
| 14 | D |                         |
| 15 | L |                         |
| 16 | M |                         |
| 17 | M | QI GONG                 |
| 18 | J |                         |
| 19 | V |                         |
| 20 | S |                         |
| 21 | D |                         |
| 22 | L |                         |
| 23 | M |                         |
| 24 | M | musicothérapie          |
| 25 | J |                         |
| 26 | V |                         |
| 27 | S |                         |
| 28 | D |                         |

**mars**

|    |   |                           |
|----|---|---------------------------|
| 1  | L |                           |
| 2  | M |                           |
| 3  | M |                           |
| 4  | J | Tai Chi                   |
| 5  | V |                           |
| 6  | S |                           |
| 7  | D |                           |
| 8  | L |                           |
| 9  | M | bridge initiation et jeu  |
| 10 | M |                           |
| 11 | J |                           |
| 12 | V |                           |
| 13 | S |                           |
| 14 | D |                           |
| 15 | L |                           |
| 16 | M |                           |
| 17 | M | Yoga                      |
| 18 | J |                           |
| 19 | V |                           |
| 20 | S |                           |
| 21 | D |                           |
| 22 | L |                           |
| 23 | M | atelier mémoire (nouveau) |
| 24 | M |                           |
| 25 | J |                           |
| 26 | V |                           |
| 27 | S |                           |
| 28 | D |                           |
| 29 | L |                           |
| 30 | M | bridge                    |
| 31 | M |                           |

**avril**

|    |   |                           |
|----|---|---------------------------|
| 1  | J |                           |
| 2  | V | bridge                    |
| 3  | S |                           |
| 4  | D |                           |
| 5  | L |                           |
| 6  | M |                           |
| 7  | M | RANDONNEE SUR LE LITTORAL |
| 8  | J |                           |
| 9  | V |                           |
| 10 | S |                           |
| 11 | D |                           |
| 12 | L |                           |
| 13 | M |                           |
| 14 | M | danse orientale           |
| 15 | J |                           |
| 16 | V |                           |
| 17 | S |                           |
| 18 | D |                           |
| 19 | L |                           |
| 20 | M |                           |
| 21 | M | Jazz avec Gilda Solve     |
| 22 | J |                           |
| 23 | V |                           |
| 24 | S |                           |
| 25 | D |                           |
| 26 | L |                           |
| 27 | M | YOGA DES YEUX (nouveau)   |
| 28 | M |                           |
| 29 | J |                           |
| 30 | V |                           |

**mai**

|    |   |                           |
|----|---|---------------------------|
| 1  | S |                           |
| 2  | D |                           |
| 3  | L |                           |
| 4  | M |                           |
| 5  | M | atelier mémoire (nouveau) |
| 6  | J |                           |
| 7  | V |                           |
| 8  | S |                           |
| 9  | D |                           |
| 10 | L |                           |
| 11 | M |                           |
| 12 | M | RELAXATION & LACHER PRISE |
| 13 | J |                           |
| 14 | V |                           |
| 15 | S |                           |
| 16 | D |                           |
| 17 | L |                           |
| 18 | M |                           |
| 19 | M | RELOOKING                 |
| 20 | J |                           |
| 21 | V |                           |
| 22 | S |                           |
| 23 | D |                           |
| 24 | L |                           |
| 25 | M | RANDONNEE SUR LE LITTORAL |
| 26 | M |                           |
| 27 | J |                           |
| 28 | V |                           |
| 29 | S |                           |
| 30 | D |                           |
| 31 | L |                           |

**juin**

|    |   |                                    |
|----|---|------------------------------------|
| 1  | M |                                    |
| 2  | M | découverte de la flore du littoral |
| 3  | J |                                    |
| 4  | V |                                    |
| 5  | S |                                    |
| 6  | D |                                    |
| 7  | L |                                    |
| 8  | M | communiquer avec les siens         |
| 9  | M |                                    |
| 10 | J |                                    |
| 11 | V |                                    |
| 12 | S |                                    |
| 13 | D |                                    |
| 14 | L |                                    |
| 15 | M | PEINTURE & ART THERAPIE            |
| 16 | M |                                    |
| 17 | J |                                    |
| 18 | V |                                    |
| 19 | S |                                    |
| 20 | D |                                    |
| 21 | L |                                    |
| 22 | M | RANDONNEE SUR LE LITTORAL          |
| 23 | M |                                    |
| 24 | J |                                    |
| 25 | V |                                    |
| 26 | S |                                    |
| 27 | D |                                    |
| 28 | L |                                    |
| 29 | M |                                    |
| 30 | M | QI GONG                            |

**juillet**

|    |   |                                     |
|----|---|-------------------------------------|
| 1  | J | QI GONG                             |
| 2  | V |                                     |
| 3  | S |                                     |
| 4  | D |                                     |
| 5  | L |                                     |
| 6  | M | animations diverses DINARD été 2010 |
| 7  | M |                                     |
| 8  | J |                                     |
| 9  | V |                                     |
| 10 | S |                                     |
| 11 | D |                                     |
| 12 | L |                                     |
| 13 | M | animations diverses DINARD été 2010 |
| 14 | M |                                     |
| 15 | J |                                     |
| 16 | V |                                     |
| 17 | S |                                     |
| 18 | D |                                     |
| 19 | L |                                     |
| 20 | M | animations diverses DINARD été 2010 |
| 21 | M |                                     |
| 22 | J |                                     |
| 23 | V |                                     |
| 24 | S |                                     |
| 25 | D |                                     |
| 26 | L |                                     |
| 27 | M |                                     |
| 28 | M | JUMPING DINARD                      |
| 29 | J |                                     |
| 30 | V |                                     |
| 31 | S |                                     |

**août**

|    |   |                                     |
|----|---|-------------------------------------|
| 1  | D |                                     |
| 2  | L |                                     |
| 3  | M | Festival de musique DINARD          |
| 4  | M |                                     |
| 5  | J |                                     |
| 6  | V |                                     |
| 7  | S |                                     |
| 8  | D |                                     |
| 9  | L |                                     |
| 10 | M | Festival de musique DINARD          |
| 11 | M |                                     |
| 12 | J |                                     |
| 13 | V |                                     |
| 14 | S |                                     |
| 15 | D |                                     |
| 16 | L |                                     |
| 17 | M |                                     |
| 18 | M | animations diverses DINARD été 2009 |
| 19 | J |                                     |
| 20 | V |                                     |
| 21 | S |                                     |
| 22 | D |                                     |
| 23 | L |                                     |
| 24 | M | animations diverses DINARD été 2010 |
| 25 | M |                                     |
| 26 | J |                                     |
| 27 | V |                                     |
| 28 | S |                                     |
| 29 | D |                                     |
| 30 | L |                                     |
| 31 | M |                                     |

**septembre**

|    |   |                            |
|----|---|----------------------------|
| 1  | M | LES FLEURS DE BACH         |
| 2  | J |                            |
| 3  | V |                            |
| 4  | S |                            |
| 5  | D |                            |
| 6  | L |                            |
| 7  | M | BIEN ETRE & RELAXATION     |
| 8  | M |                            |
| 9  | J |                            |
| 10 | V |                            |
| 11 | S |                            |
| 12 | D |                            |
| 13 | L |                            |
| 14 | M |                            |
| 15 | M | RELOOKING                  |
| 16 | J |                            |
| 17 | V |                            |
| 18 | S |                            |
| 19 | D |                            |
| 20 | L |                            |
| 21 | M | RANDONNEE SUR LES SENTIERS |
| 22 | M |                            |
| 23 | J |                            |
| 24 | V |                            |
| 25 | S |                            |
| 26 | D |                            |
| 27 | L |                            |
| 28 | M |                            |
| 29 | M | LITTORAL & GRANDES MAREES  |
| 30 | J |                            |

**octobre**

|    |   |                        |
|----|---|------------------------|
| 1  | V |                        |
| 2  | S |                        |
| 3  | D |                        |
| 4  | L |                        |
| 5  | M |                        |
| 6  | M | atelier mémoire        |
| 7  | J |                        |
| 8  | V | Fest film britannique  |
| 9  | S |                        |
| 10 | D |                        |
| 11 | L |                        |
| 12 | M |                        |
| 13 | M |                        |
| 14 | J | musicothérapie         |
| 15 | V |                        |
| 16 | S |                        |
| 17 | D |                        |
| 18 | L |                        |
| 19 | M |                        |
| 20 | M | 10ème FESTIVAL DU JAZZ |
| 21 | J |                        |
| 22 | V |                        |
| 23 | S |                        |
| 24 | D |                        |
| 25 | L |                        |
| 26 | M |                        |
| 27 | M | yoga des yeux          |
| 28 | J |                        |
| 29 | V | DEPART ROUTE DU RHUM   |
| 30 | S |                        |
| 31 | D |                        |

**novembre**

|    |   |                    |
|----|---|--------------------|
| 1  | L |                    |
| 2  | M |                    |
| 3  | M | Fermeture annuelle |
| 4  | J |                    |
| 5  | V | Fermeture annuelle |
| 6  | S |                    |
| 7  | D |                    |
| 8  | L |                    |
| 9  | M |                    |
| 10 | M | Fermeture annuelle |
| 11 | J |                    |
| 12 | V | Fermeture annuelle |
| 13 | S |                    |
| 14 | D |                    |
| 15 | L |                    |
| 16 | M |                    |
| 17 | M | Fermeture annuelle |
| 18 | J |                    |
| 19 | V | Fermeture annuelle |
| 20 | S |                    |
| 21 | D |                    |
| 22 | L |                    |
| 23 | M |                    |
| 24 | M | Fermeture annuelle |
| 25 | J |                    |
| 26 | V |                    |
| 27 | S |                    |
| 28 | D |                    |
| 29 | L |                    |
| 30 | M |                    |

**décembre**

|    |   |                    |
|----|---|--------------------|
| 1  | M |                    |
| 2  | J | Fermeture annuelle |
| 3  | V |                    |
| 4  | S |                    |
| 5  | D |                    |
| 6  | L |                    |
| 7  | M |                    |
| 8  | M | Fermeture annuelle |
| 9  | J |                    |
| 10 | V | Fermeture annuelle |
| 11 | S |                    |
| 12 | D |                    |
| 13 | L |                    |
| 14 | M |                    |
| 15 | M | Fermeture annuelle |
| 16 | J |                    |
| 17 | V | Fermeture annuelle |
| 18 | S |                    |
| 19 | D |                    |
| 20 | L |                    |
| 21 | M |                    |
| 22 | M | Fermeture annuelle |
| 23 | J |                    |
| 24 | V |                    |
| 25 | S |                    |
| 26 | D |                    |
| 27 | L |                    |
| 28 | M |                    |
| 29 | M |                    |
| 30 | J |                    |
| 31 | V |                    |

\* nous avons sélectionner avec rigueur nos invités pour vous accompagner dans nos "avant dîner" de 18h00 à 20h00  
ce calendrier peut être sujet à modification en cas d'indisponibilité de nos invités, demandez la mise à jour par mail au h1114@accor.com