



Prana Inspire

**Gabriel LESQUOY**  
Coaching, training, therapy

RETREAT  
Pranic feeding fasting  
Living on light  
Himalaya  
Leh, Ladakh, North India

From 26th July to 16th August 2025





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## Why this retreat in the Himalayas ?

Ladakh, whose capital is Leh, is located in the far north of India, on the southern border with Tibet, at an altitude of 3,500 meters.

Ladakh is also called “little Indian Tibet”, as the history and culture of this region, of these people, stem directly from that of Tibet !

Ladakh is a mecca for Buddhism and Tibetan spirituality.

The energies are infinitely favorable to :

- the deployment of our spirituality,
- the revelation of the Being of Light that we already are,
- the awakening of consciousness



## This retreat will allow you to :

- take a real break in an idyllic setting in order to take stock with yourself and lay solid and virtuous foundations for the whole year;
- offer your body a deep nutritional and psycho-emotional detoxification;
- connect to your Higher Consciousness to connect you to this dimension free from the limits of the mind;
- stock up on energy that will accompany you for the months to come;
- etc.



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## Progress :

In this magnificent setting, ideal for regeneration, the days unfold around :

- energizing relaxation and well-being activities ;
- meals taken in pranic mode with specific practices ;
- workshops and free outings, which allow everyone to compose their day according to their desires ;
- listening times during which I meet with all the retreatants, at their request and according to their needs
- etc.



## The two vocations of this retreat ?

During this pranic process of 7, 14 or 21 days of your choice, you will:

- stop eating to learn to feed yourself consciously ;
- stop sparkling in appearance to learn to shine with respect and authenticity for yourself



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## Overview of the program :

- relaxations,
- meditations,
- conscious walks,
- games,
- tai-chi,
- pranayoga,
- 5 Tibetans,
- practices in pranic food,
- activation of cellular quantum physiology,
- centering techniques, anchoring,
- coaching of alignment of unfolding thoughts and emotions,
- access, exploration and revelation of limiting shadow areas
- learning methods to free oneself from it,
- etc.





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**This retreat is for you if you aspire to :**

- grant your body food rest and deep detoxification,
- discover the light/pranic nourishment,
- live more in harmony with yourself and those around you,
- find greater harmony and freedom in your life,
- seek optimal overall health,
- free yourself from certain recurring difficulties in your existence,
- gain in well-being and joy of living,
- meet people with the same life aspirations as you,
- connect sustainably to your real qualities and personal resources,
- etc.





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## Coordination :

This retreat is led by Gabriel Lesquoy

- former state registered nurse (1995-2012)
- specialised in stress management
- founder and Director of the professional training organization Prana Inspire dedicated to psycho-bodily health and the deployment of the individual.
- Personal and professional development coach
- Energy therapist

Gabriel LESQUOY has been experimenting with pranic food since July 2012.

He has led retreats on food breaks and pranic processes since 2014 and support collectively, individually, residentially, online and at home



## Preparation to the retreat :

Under your entire responsibility, and in order to strengthen your health, your overall balance and your joy of being in presence-consciousness, it is very strongly suggested to as early as possible before the start of your retreat :

- develop awareness in the present of the time spent on eating,
- reduce the quantity and improve the quality of your food intake, unless your weight is too low (see BMI table, weight/height ratio),
-



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- reduce the acidic diet of meat, lactose, gluten, sucrose, (unless medically contraindicated)
- favor an alkaline diet with more fruits and vegetables, raw +/- cooked plants, oilseeds, legumes,
- favor fruit and vegetable juices, water, herbal teas,
- set up a 24 hour fast / week,
- carry out a blood test just before and just after your retreat with your doctor,
- to manage mental and emotional pseudo-hungers. Watch this youtube video : « reconnaître LES faims pour mieux les gérer !, Gabriel Lesquoy»
- the day before your retreat, carry out an intestinal purge (upper route) or an enema (lower route). Watch the youtube video : « au sujet des lavements du colon », Gabriel Lesquoy

<https://www.youtube.com/watch?v=ZmDaGWnn48U>

By favoring food that is as alive and conscious as possible, you will more easily experience the activation of pranic programming at the cellular level.

Possibility of online preparatory support, between 1 to 5 sessions maximum.

Possibility of post-retreat support, at your request, according to your needs.

Allow around 1 hour/session, €60 / session.

Contact me if needed







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## Equipment to provide for the stay :

- 1 blank envelope and 2 white A4 sheets inside (for a workshop on the last day of the course)
- casual and warm clothes. Walking shoes, flashlight
- waterproof wind-breaker
- 1 scarf
- 1 hot water bottle, or even 2, can be greatly appreciated especially for women
- Your herbal tea bags
- depending on your tastes, possibly add some small limes to garnish the water. Lemons should only be considered if you have difficulty hydrating yourself !
- something to take notes if you like to take them
- provide if you have and if you prefer, your meditation cushion, zafu.
- 1 yoga mat with 1 yoga belt and 2 yoga bricks. Prana yoga session every day, depending on the space available on the floor inside and the weather outside





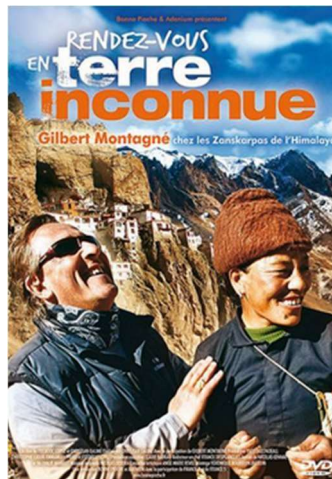
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To know Ladakh better :



You can :

- Discover the initiatory journey of the singer Gilbert Montagné, with Frédéric Lopez, the show « Rendez-vous en terre inconnue » :  
Youtube video title : « **RDV en terre inconnue – Gilbert Montagné – Zanskarapas de l'Himalaya** »

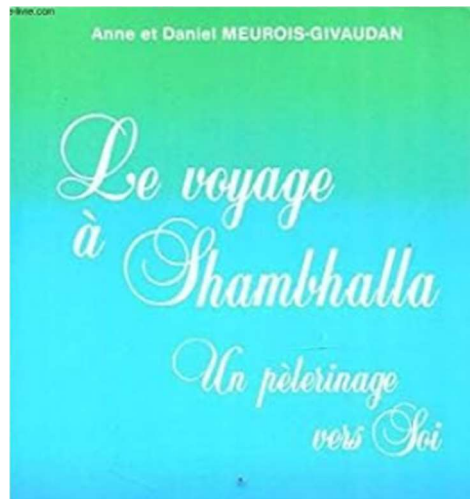


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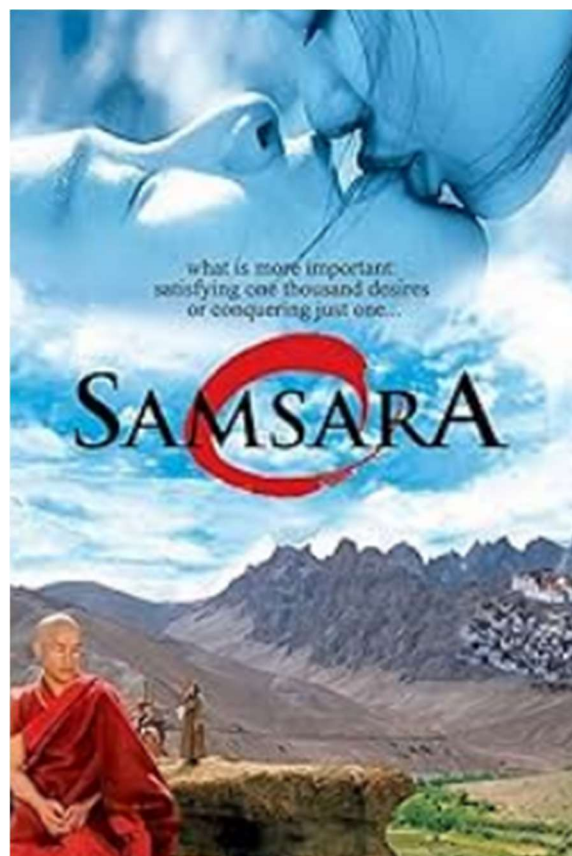


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- Discover the initiatory journey of Anne and Daniel Meurois-Givaudan, by reading their book “**Le voyage à Shambhalla**”. This happened at the Hemis monastery, very close to Leh !



- Discover this captivating Ladakhi movie « **Samsara** » ! :





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## Dates and times

Start: Saturday 26th July, 2025 around 6:00 p.m.

End: Saturday 16th August, 2025 around 10:00 a.m.

**Registration deadline** : 1st July, 2025

## Prices (course and room included, travel not included) :

	Double room	Single room
7 days	705€ or 101€/day !	775€ or 111€/day !
14 days	1010€ or 72€/day !	1150€ or 82€/day !
21 days	1215€ or 58€/day !	1425€ or 68€/day !

**Réduction of 120€/person if you subscribe at 2 persons, for 7 jours !**

**Réduction of 160€/person if you subscribe at 2 persons, for 14 jours !**

**Réduction of 180€/person if you subscribe at 2 persons, for 21 jours !**





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## Registration conditions :

- Return your registration file :
  - o registration form,
  - o health questionnaire,
  - o trainee commitments,filled, signed, in pdf format, in email attachment **ONLY!**  
(apicontact13@gmail.com)
- payment of your deposit (50%), at the same time as sending your registration file, confirms your reservation
- the balance must be paid no later than 1st July, 2025
- all payments are made by bank transfer **ONLY!**

IBAN FR76 3000 3024 2900 0203 3788 025  
BIC-SWIFT SOGEFRPP

- registration certificate and paid invoice provided at your request.





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## Location and routing :

Gongma Guest-House  
Chulung Old Road  
194101 Leh, Ladakh, India

You can reach Ladakh in 2 ways:

- by plane, via Delhi, to Leh
- by bus, from Delhi, to Dharamsala (where the Dalai Lama resides and the main Tibetan community in Indian exile)

Arrive a few days before the start of the retreat if you take the plane, to give your body time to acclimatize to the altitude (Leh is at an altitude of 3,500 meters!).

It is necessary to allow 2 to 3 days in Leh to acclimatize.

Your acclimatization to the altitude will be more gradual and comfortable if you take the bus !

If you sleep in Delhi, you may prefer the Tibetan district of “Majnoukatila”, much quieter in the capital !  
The airport in Ladakh is only 4 km from the capital Leh !





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SPIRITUAL RETREAT REGISTRATION  
FORM

**PRANIC PROCESS**  
**HIMALAYA LEH LADAKH 2025**  
**26th July – 16th August**

Surname, name.....

Road, postal code, city, country.....

.....email.....

Mob. Phone number ..... Profession.....

Your motivations to experience this retreat?.....

	Double room	Single room
7 days	705€ or 101€/day !	775€ or 111€/day!
14 days	1010€ or 72€/day !	1150€ or 82€/day !
21 days	1215€ or 58€/day !	1425€ or 68€/day !

**Check your choices, please.**

**Retreat dates chosen, please fill in your dates here :**

- return your registration file : registration form, health questionnaire and trainee commitments, completed, signed, in pdf version **ONLY !**  
[apicontact13@gmail.com](mailto:apicontact13@gmail.com)
- payment of your deposit (50%), at the same time as sending your registration file, confirms your reservation
- the balance must be paid no later than July 1, 2025
- all payments are made by bank transfer **ONLY !**

IBAN FR76 3000 3024 2900 0203 3788 025  
BIC-SWIFT SOGEFRPP

- registration certificate and paid invoice provided at your request.

Date :

Signature :







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« TRAINEE COMMITMENTS »

I, the undersigned Surname :

Name :

as part of the “food break and Light food” retreat which will take place in (place) \_\_\_\_\_ from  
the \_\_\_\_\_ to the \_\_\_\_\_ of(month) \_\_\_\_\_ (year) \_\_\_\_\_, hereby commit to :

- hydrate myself throughout the retreat. (dehydration, kidney or gallstones possible)
- not take any drugs or any solid or liquid food or any food supplement throughout the duration of the retreat, unless medically prescribed
- not practice intensive sports other than any gentle physical activity such as walking, yoga, swimming, tai chi, etc. throughout the duration of retirement (exhaustion possible)
- avoid driving my car for the duration of the retreat (slowing down of reflexes and reduced alertness during food breaks)
- avoid going into town unless necessary, for example to buy bottled water. (the food in the window and aisle generates the desire to eat)
- in the event of early departure, on my initiative before the end of the retreat, come and inform the coordinator Gabriel Lesquoy as well as the group of trainees, during the next collective meeting (maintaining group cohesion, asserting and assuming your choice)
- except in cases of force majeure, leave the retreat only in the morning, after a night's rest and having re-fed lightly and sufficiently to regain full possession of my means to drive my car in complete safety
- continue to take my medications during retirement if medically prescribed
- not carry out individual sessions aimed at well-being or therapy for other trainees (role of the coordinator Gabriel Lesquoy, not forget myself, not charge myself with low frequency energy from others)
- inform the coordinator Gabriel Lesquoy if any discomfort, discomfort, disorder, physical or psycho-emotional symptom appears during the retreat
- feel free to participate or not in the group workshops led by the coordinator Gabriel Lesquoy (no workshop is obligatory)
- listen, respect my body and rest according to what it expresses in terms of general fitness and quality of well-being (this retreat is a nutritional and mental break, serving and listening to the body)
- not close the bathroom door lock while taking a shower or bath (fainting possible due to the heat)
- read this list again before coming to this “pranic food break” retreat

Date :

Signature :



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## GENERAL REGISTRATION CONDITIONS

to the Prana Inspire retreats

### Art 1 : Registration and payment

Registrations are taken into account upon receipt of the signed registration form and full or partial payment by check payable to Prana Inspire.

### Art. 2 : Certificate

Each retreat followed entitles you to a certificate issued on request.

### Art. 3 : Cancellation

Prana Inspire reserves the right to cancel a group if the number of participants is insufficient for its organization or operation or if unforeseen circumstances require it. In the event of cancellation, the registration fees will be fully refunded within the days following notification of the cancellation.

### Art. 4 : Withdrawal, interruption

In the event of cancellation by the trainee more than 30 days before the start of the retreat, the amount paid will be fully refunded minus 30 euros for administration fees.

In the event of cancellation between 15 and 30 days before: 50% of the amount paid will be retained.

In the event of cancellation less than 15 days before the start or for any retreat started, the full cost paid will be due. Any retreat started and interrupted by the trainee will not give rise to any reimbursement (course and accommodation). The coordinator can decide to interrupt a participant from the current retreat and their early return home, for inappropriate behavior within the group or endangering their own physical and/or psychological health. The trainee will then be reimbursed for the retirement days not yet completed on the day of his or her departure.

### Art. 5 : Late arrival and early departure from the retreat

Whatever the reason for any possible delay of a participant in the retreat and or their departure on their own initiative before the end, the latter will not be able to request any reimbursement (neither retreat nor accommodation) or deduction from Prana Inspire which cannot be held for responsible.

### Art. 6 : Intellectual property

Audio and video recordings of content, sessions, practices, etc. discovered during retirement are not allowed. Prana Inspire and the coordinator own the content relating to the workshops and the educational documents. Any person reproducing or disseminating these documents in a context other than private is subject to the penalties provided for by law.

### Art. 7 : Possible dispute

If a dispute cannot be resolved amicably, the dispute will be brought before the competent court in Nancy.

### Art. 8 : Intellectual freedom

If you wish to subscribe to a list opposing telephone canvassing see [www.bloctel.gouv.fr](http://www.bloctel.gouv.fr) (Art. L223-2 of the Code de la Consommation).

### Art. 9 : Withdrawal

Possibility of withdrawing after registration and before the start of the retreat. See art. 7, [www.pranainspire.com](http://www.pranainspire.com), «CGV».

### Art. 10 : Mediation

Possibility of using the mediation service subscribed to by Prana Inspire. See art. 9, [www.pranainspire.com](http://www.pranainspire.com), «CGV»



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