



Saṅkhāra

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Although in no way drawn to Buddhist practice, Hélène cuts herself off from the world for two weeks of silent meditation.

Hélène, a mother of two, is going through a rough patch with her husband Sébastien when she vanishes the day after an intense quarrel. She takes refuge at a silent retreat in the countryside and practices Vipassana. At first, meditation proves both a physical and spiritual shock to her system. But as the days go by, she discovers in these natural surroundings a profound connection between her body and soul.

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