

Ashtanga Mysore Retreat 2024

with Body- & Breathwork at Sandsgården

Date: 24th - 30th of June 2024

Location: Sandsgården in Dalarna, Sweden

Price: 12,900 kr (full week accommodation, yoga & food)

Teachers: Sofia Soori & Irma von Platen (guest teacher)

Welcome to Sofia's yearly week-long retreat featuring Mysore-style and led Ashtanga classes, bodywork, breathwork/pranayama, Yin Yoga & guided meditation. Meals and accommodation included. Morning classes follow the traditional "Mysore Style" which is a form of guided self-practice in a group setting. The first and last morning Sofia guides us through a Led Primary Ashtanga Series. In the afternoon you'll explore the body even deeper through various bodywork workshops, as well as Yin Yoga and breathwork sessions. Sauna & cold-baths will be available for those interested. Massage sessions will be available at an additional cost.

Join us for a transformative experience!

All levels of yoga practitioners are welcome. Send us an email if you're unsure of joining!

What is Ashtanga Yoga?

Ashtanga Yoga is a dynamic style that combines breath and movement in a continuous, flowing sequence. It follows a specific series of asanas, emphasizing alignment, breath control (Ujjayi) and energetic locks (bandhas). The practice is often taught in the Mysore style, allowing students to progress at their own pace while receiving individual guidance from the teacher. With a focus on strength, flexibility, and mental concentration, Ashtanga Yoga offers a disciplined and transformative approach to physical and spiritual well-being.

What is breathwork?

Breathwork refers to intentional and controlled breathing exercises designed to improve physical, mental and emotional well-being. It involves various techniques that focus on manipulating the breath in specific ways to achieve desired outcomes. There are different styles of breathwork, each with its own purpose. Breathwork is believed to have various benefits, including stress reduction, increased energy, improved mental clarity and enhanced emotional well-being. People use breathwork for relaxation, self-awareness and as a tool for managing anxiety and promoting overall health.

What is bodywork & somatic practices?

Bodywork and somatic practices are therapeutic methods that focus on enhancing physical and mental well-being through conscious exploration of the body. Using mindful movement and awareness exercises, as well as hands-on techniques we will increase our bodily awareness and cultivate a deeper connection with the body. Furthermore, we will spend some time looking at the anatomy of the body, specifically the construction of our skeleton. Gaining a deeper understanding of alignment, learning how to use our body in a more functional way, we will discover how letting go can help us to be stronger in the yoga positions, as well as in our daily lives. These workshops will be led by Irma von Platen. There will also be a massage therapist, Sara Parenti, on sight for those of you that want to treat your body even more and book a massage session.

About your teachers & staff

Sofia Soori started practicing yoga at the age of 13. She did her first yoga teacher training in India after graduating school at 19 years old. Since then practicing and teaching yoga has been a huge part of her life. Today Sofia is a dedicated Ashtanga yoga practitioner and has been practicing with a number of well known Ashtanga teachers including Sharath Jois at KPJAYI/SYC in India, who also blessed her with an authorization level 2. Sofia's been teaching regular classes in Stockholm and hosted three Mysore yoga-programs there, as well as hosted numerous retreats in Sweden, Costa Rica & Spain. She owns a retreat center together with her mother in the archipelago of Stockholm (Yogashala Blidö). Today Sofia is finishing a masters degree in psychology at Lunds University, with the aim of getting a deeper understanding of the human mind and our wellbeing. In Sofias yoga classes you will experience her love for physical adjustments and her passion for the Ashtanga Yoga practice as well as its philosophy.



Irma von Platen is a contemporary dancer and choreographer educated at SEAD (Salzburg) and The Danish National School of Performing arts (Copenhagen). She started practicing yoga at the age of 16 and found Ashtanga two years later. Irma did her teacher training at Inbalance yoga studio in Stockholm in 2019 and has since been teaching Ashtanga yoga & Vinyasa flow in Stockholm, Åre and elsewhere. In her teaching Irma draws inspiration from her dance background, including training in release technique, somatic practices and various types of martial arts. Irma will be hosting three workshops in bodywork & somatic practices during the retreat.

Sara Parenti is our massage therapist for the retreat. She practices Ayurvedic Yoga Massage, which is a unique and holistic style of massage that combines traditional Indian Ayurvedic principles, yoga asanas (postures), and massage techniques. This massage involves the manipulation of soft tissues in the body to promote relaxation, relieve tension, and improve physical well-being. You'll be able to book a massage with Sara on sight at the retreat for the day you wish. Schedule will be sent out.

Tobias Hellström is our main retreat chef. Tobias has a passion for holistic food and he emphasizes the importance of natural ingredients from sustainable sources. "Food should be made consciously to benefit the person eating it, the source where it comes from and the planet." During the retreat Tobias will put his heart and soul into making nutritious, vegetarian and sustainable food for us.

Included during the week

Yoga classes, workshops, sauna, all meals (vegetarian) & accommodation.

Accommodation is shared with one other person (same sex). Linen & towel is included. If you want to book a private room, the price is an additional fee of 1000 kr per night. For pictures see further down in the document.

- *Please let us know prior to the retreat if you have any food allergies.*

Not included: Transfer to/from the retreat center.

Booking

Book the retreat simply by sending an email to info@sofiasooriyoga.com

The retreat price is 12,900 SEK for the full week.

Payment method will be sent to you by email upon booking.

Cancellation fee for this retreat is 1500 SEK.

Dates

24th - 30th of June 2024

Starts at 17.00 on Monday

Finishes at 12.00 on Sunday

(Try to not be late to the starting time at 17.00 or to leave earlier than our closing circle on Sunday.)

Location

Sandsgården Gopshus, Dalarna

Address: Spjotvägen 8, 792 94 Mora

How to reach here?

If you're traveling by train, you can book a ticket through www.sj.se to Mora station. From the station, you take a taxi or a bus to Gopshus (close to the retreat center location). If you want to book a shuttle/taxi from the train station, let us know. We usually make sure to connect the participants before the retreat so that you can share rides with each other. Please try to plan your trip so that you arrive around 15-16 in the afternoon to the retreat.

If you're traveling by car, just type in the address above in Google maps and you will find us!

If you're traveling by plane, we recommend Arlanda airport and from there you can take the train directly to Mora station like mentioned above.

To ask questions or to **book a spot** for the retreat email: info@sofiasooriyoga.com
or call +46 70 30 53 032

(Preliminary) Schedule:

Schedule might change a bit before the retreat starts.

Monday 24th of June (intention)

15.00-16.30 approx. time of arrival

17.00-18.15 Opening circle, breath awareness & yoga nidra

18.30 Dinner

Tuesday 25th of June (connection)

08.00-10.00 Meditation & Ashtanga Led Primary series class (everyone) with Sofia Soori

10.30-12.00 Brunch

Free time

16.00-18.00 Release technique - finding connections (hips & pelvis) with Irma von Platen

18.30 Dinner

Wednesday 26th of June (grounding)

07.00 "Mysore Style" Yoga (group 1, can start from 6.30)

08.30 Introduction to "Mysore Style" (group 2, starting together)

09.00-11.30 Brunch

12.00-13.30 Breathwork theory & practice + optional cold bath (+sauna)

Free time

16.00-18.00 Chanting & Yin Yoga with Sofia Soori

18.30 Dinner

Thursday 27th of June (explore deeper)

07.00 "Mysore Style" Yoga (group 1, can start from 6.30)

08.30 Introduction to "Mysore Style" (group 2, starting together)

09.00-11.30 Brunch

Free time

16.00-18.00 Release technique - letting go into multiple directions (shoulders) with Irma von Platen

18.30 Dinner

Friday 28th of June (community)

07.00 "Mysore Style" Yoga (group 1, can start from 6.30)

08.30 Introduction to "Mysore Style" (group 2, starting together)

09.00-11.30 Brunch

12.00-13.30 Breathwork lecture & practice + optional cold bath

Free time

16.00-18.00 Bodywork/Savasana Placement Workshop with Irma von Platen

18.30 Dinner

Saturday 29th of June (reflection)

07.00 "Mysore Style" Yoga (group 1, can start from 6.30)

08.30 Introduction to "Mysore Style" (group 2, starting together)

09.00-11.30 Brunch

Free time

16.00-18.00 Chanting, breathwork & Yin Yoga with Sofia Soori

18.30 Dinner

Sunday 30th of June (implementation)

07.30-09.30 Meditation + Led class Primary Series (everyone) with Sofia Soori

09.30-10.00 Closing circle

10.00-12.00 Brunch + packing

12.00 Departure

Good things to bring for the retreat:

- Beach & sauna towels (shower towel will be provided)
 - Bathing suit
- Yoga clothes (preferably fresh clothes every practice day)
 - Warm clothes for colder evenings.
- Shoes for hiking and rain boots depending on weather
 - Water bottle
 - Mosquito repellent
 - Ear plugs

We provide linen & a towel for your stay. There are yoga mats (Yogiraj eko) to borrow, but if you want your own, feel free to bring it!

If you have any further questions just email: info@sofiasooriyoga.com
or call: +46 70 30 53 032

GALLERY















Info: it is good to know at least the Sun Salutations (and preferably a few postures from the Standing sequence - which are the three first rows of the picture below) before joining the Ashtanga Mysore retreat.

Ashtanga Yoga Primary Series



The practice should only be undertaken with the guidance of an experienced teacher.

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