

YogaShala Blidö is a newly built yoga house with 13 windows overlooking beautiful nature in Stockholms archipelago. We live a 2 minute walk from the ocean in small classical Swedish summer houses and we eat organic vegetarian/vegan meals.

This retreat is a great introduction if you're new to Ashtanga yoga and want to learn the fundamentals of the practice.

During this weekend course we'll go through:

- Ashtanga Yoga Half Primary Series ledd class
- Asana Workshop looking at key postures & transitions
- Intro to Meditation
- Pranayama (breathing techniques)
- Yoga Philosophy & theory
- Intro to Mysore Style Ashtanga & self-practice

Yoga retreat includes:

- 6 classes
- 2 nights accommodation (shared)
- All meals, including snacks/coffee/te during day
- Yoga mat, props, writing block etc.

Yoga teacher:

With a background in music Sofia 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 been practicing with numbers of well known Ashtanga teachers including Sharath Jois at KPJAYI in Mysore, India. Sofia's been teaching workshops and retreats in different parts of the world. The past 5 years she's been teaching regular classes in Stockholm and hosted two Mysoreyoga-programs.

Booking & questions: [info@sofiasooriyoga.com](mailto:info@sofiasooriyoga.com)

See you on the mat!