

**SANDSGÅRDEN, DALARNA
22ND - 25TH OF AUGUST 2024**

Ashtanga Retreat

WITH SOFIA SOORI & HANNA HOLMSÄTER



**MORE DETAILS
HAXLINDER@GMAIL.COM**

PRICE: 8900 SEK - ALL INCLUSIVE



**PRIVATE ROOM:
1000 SEK/ NIGHT**

INFORMATION

WHAT

A long weekend of Ashtanga yoga (led classes for all levels), Yin yoga, meditation, workshops, good food and beautiful nature at Sandsgården in Dalarna. Together with yoga teachers Hanna Linder & Sofia Soori we will explore the powerful practice of Ashtanga yoga and dive deeper into its philosophy.

The morning classes will start with meditation, pranayama, followed by a dynamic Ashtanga Yoga class. During the afternoons we will offer workshops focusing on different aspects of the physical practice and yoga philosophy talks. We'll end the days with Yin Yoga, Meditation & Relaxation.

YOUR TEACHERS

Sofia Soori started to practice yoga by the age of 13 and completed her first teachers training at the age of 19, together with Hanna. Since then yoga has been a big part of her life and she's practiced with numerous great teachers including Sharath Jois in India, who also authorized her to teach Ashtanga level 2.

Hanna Holmsäter started to practice yoga by the age of 13 as well and completed her first teachers training at the age of 19. She has learned yoga from a few internationally known teachers such as Caroline Westling, James Brown & Sharath Jois in India. Hanna is an authorized level 1 Ashtanga teacher by Sharath Yoga Center (SYC).

WHEN

22nd - 25th of August 2024

BOOKING

Bookings & questions: haxlinder@gmail.com