



ASHTANGA
MYSORE
RETREAT

11-17 August 2025

A photograph of a wooden cabin interior. The walls and ceiling are made of light-colored wood. A circular skylight is centered on the back wall. The floor is also made of wood. Several white yoga mats are laid out on the floor, each with a teal-colored bolster. A small brass bowl and a teal bag are on the floor near the back wall. A window is visible on the right side of the image.

INFORMATION

Join us for a week long Ashtanga Mysore Retreat in the heart of Stockholms archipelago. With the guidance of yoga teacher Sofia Soori (SYC authorized L2) we'll practice Ashtanga Yoga, Yin, pranayama and meditation each day to deepen our yoga practice and recharge in nature.

FOR MORE INFO &
BOOKING CONTACT US
INFO@YOGASHALABLIDO.SE



MORE INFO

Ashtanga Mysore Retreat 2025
at Yogashala Blidö

Date: 11th to 17th of August 2025

Location: Blidö, Sweden

Price: 9,900 kr (full week accommodation, yoga & food)

Teachers: Sofia Soori

Welcome to Sofia's yearly week-long retreat featuring mysore style and led ashtanga yoga classes, workshops, pranayama, yin yoga & guided meditation. All 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 yin yoga and pranayama. Two afternoons we'll also break down some key components in the ashtanga yoga practice in a workshop setting. Join us for a transformative experience and week in the heart of Stockholm's archipelago, Blidö.

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.

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.

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, 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 of the rooms 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 9,900 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

11th - 17th of August 2025

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)

To ask questions or to book a spot for the retreat email: info@yogashalablido.se

or call +46 70 30 53 032

Location

Yogashala Blidö

Address: Glyxnäs byväg 77, 760 17 Norrtälje

How to reach here?

If you're traveling by bus, you can check www.sl.se for time table to the bus station Glyxnäs from Stockholm. You can also travel by ferry from Stockholm www.waxholmsbolaget.se if there are suitable times.

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 need to get to Stockholm for the bus to Blidö (Glyxnäs station).

About Blidö

You'll find us in the southern tip of the idyllic island of Blidö. Our retreat center is located about 200 meters from the closest beach where you can enjoy the beauty of the Baltic sea and archipelago.

We live in Swedish traditional summer houses, wooden cabins painted with dark red color. The accommodation is usually shared with one other person and this is usually the option people book. We live very close to nature at Blidö and use the so-called outdoor bathroom called "utedass" and outdoor shower as well. Warm water is available and this year we'll have the honour to use the newly built sauna for our retreat.

Good things to bring for the retreat

Beach, shower & sauna towels

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 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@yogashalablido.se

or call: +46 70 30 53 032