

Ashtanga Retreat - Sandsgården

(Suitable for beginners as well as all practitioners of yoga)

Dates: 29th - 31st of July 2022

Location: Sandsgården, Dalarna

Price: 4500 kr

Teacher: Sofia Soori

This retreat is a great introduction if you're new to Ashtanga yoga and want to learn the fundamentals of the practice or if you just want to practice the basics again and enjoy a weekend in the beautiful landscape of Dalarna.

If you are new to Ashtanga and interested in the more advanced 8 days Mysore Ashtanga Retreat (1st or 8th of August), this retreat is a good introduction to then continue to that retreat!

During this weekend course we'll go through:

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

Yoga retreat includes:

- 5 classes
- 2 nights shared accommodation (single room available with extra fee)
- All meals, including snacks/coffee/tea during day
- Yoga mats available, props etc.

About your 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 has been practicing with a number 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 6 years she's been teaching regular classes in Stockholm and hosted three Mysore yoga-programs, over 20 retreats and numerous workshops. She owns a retreat centre together with her mother in the archipelago of Stockholm (Yogashala Blidö).

Booking

The retreat price is 4500 SEK for the weekend of yoga, workshops, food and accommodation. Accommodation is shared with one other person (same sex). If you want to book a private room, the price is an additional fee of 1000kr per night.

Not included: Transfer to the retreat centre.

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

Cancellation fee for this retreat is 1500 SEK.

Let us know what payment method works for you and we can see if we can help you out!

Dates:

29th - 31st of July 2022

(We ask you not to be late to the starting class at 17.00 or leave earlier than our closing circle on Sunday.)

Location:

Sandsgården Gopshus, Dalarna
Address: Spjotvägen 8, 792 94 Mora

To ask questions or to **book a spot for the retreat email: info@sofiasooriyoga.com**

Preliminary Schedule:

Friday

15.00-16.00 Arrival
17.00 Opening Circle & Yin Yoga
19.00 Dinner

Saturday

07.30-08.00 (optional) coffee & tea
08.00-10.00 Meditation & Ashtanga Yoga
10.15 Breakfast
12.00-14.00 Yoga Philosophy & Asana Workshop
(14.00-15.30 Light lunch is available)
14.00-17.00 Free time
17.00-18.30 Yin Yoga & Meditation
19.00 Dinner

Sunday

07.30-08.00 (optional) coffee & tea
08.00-10.00 Meditation & Ashtanga Yoga
10.00-10.30 Closing circle
10.45 Breakfast & Packing
12.00 Departure time

GALLERY







