



# YOGA RETREAT

19th - 21st of May 2023

Let's get together for a weekend full of yoga, meditation, good food & nature. In the heart of the beautiful archipelago of Stockholm you will find Yogashala Blidö which is a small retreat center, fitting eight participants per retreat. Sofia Soori, will be your yoga teacher during the weekend. Read more about Sofia on her website:

<https://www.sofiasooriyoga.com/about.html>

## Information

Retreat starts: Friday 19th of May at 17.00

Retreat finishes: Sunday 21st of May at 12.00

Food: Vegetarian/Vegan

Investment: 4900 SEK

**Bookings & questions: [info@yogashalablido.se](mailto:info@yogashalablido.se)**

## How to get here?

By driving: Glyxnäs Byväg 77

Bus (SL) to Glyxsnäs

Ferry (Waxholmsbolaget): Glyxnäs brygga

## Weekend Schedule

Friday:

16.00 Arrivals

17.00 Dinner

19.00 Opening Circle & Evening Meditation

Saturday:

07.30 Meditation & Pranayama

08.00 Ashtanga Yoga Led Class

10.30 Brunch

Free time (*snack available*)

15.00 Yin Yoga & Meditation

17.30 Dinner

19.00 Tea & Talk on Yoga Philosophy

Sunday:

07.30 Meditation & Pranayama

08.00 Ashtanga Yoga Led Class

09.30 Closing circle