



YOGA RETREAT

7th - 9th of July 2023

Welcome to a weekend full of yoga, meditation, good food & nature. The retreat will be located in the heart of beautiful Österlen in Southern Sweden at Rosenlund Gård. The rooms are nice with windows towards the forest and fresh linen and towels included. All rooms are shared with one another person of the same sex and beds are apart. Please let us know if you go with a friend or partner. Private rooms are available for an extra cost, e-mail us for more info. This retreat is for all levels.

Sofia Soori will be your yoga teacher during the weekend. Sofia is a dedicated Ashtanga yoga practitioner. She has an Authorization (level 2) to teach the method of Ashtanga yoga from Sharath Jois in Mysore, India. She also teaches Yin yoga, meditation, pranayama and yoga philosophy. Read more about Sofia on her website:

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

Information:

Retreat starts: Friday 7th of July at 17.00 (try to be here around 16)

Retreat finishes: Sunday 9th of July at 12.00

Food: Vegetarian/Vegan

Investment: 4900 SEK *shared room

Bookings & questions: info@sofiasooriyoga.com

How to get there?

Car: Tostarödsvägen 44, 27737 Kivik

Public Transport: Train to Kristiansstad

then bus to Brodala bus stop, where we'll pick you up.

Weekend Schedule:

*minor changes can occur.

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/lunch 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

10.30 Goodbye Brunch

