



# YOGA RETREAT

**14th - 16th 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.

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>

\*This retreat is for yoga practitioners that have a regular Ashtanga (or dynamic yoga) practice. It is recommended that you have completed most of Ashtanga Primary series to join.

## Information:

Retreat starts: Friday 14th of July at 17.00 (arrive 16)

Retreat finishes: Sunday 16th of July at 12.00

Food: Vegetarian/Vegan

Investment: 4900 SEK \*shared room

Bookings & questions: [info@sofiasooriyoga.com](mailto: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 Asana Workshop & Yin Yoga

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

\*minor changes can occur.

