

Yogini Retreat in the magical forest (women only)

26-28 April 2019, Sweden, Ryd

- Are you tired of the winter and have you lost touch with yourself in the busyness of everyday life?
- Are you longing to re-connect with yourself, your body and heart?
- Would you like to boost your energy and vitality?
- Awaken your inner radiant Goddess?

Then join us for this nourishing weekend retreat in the beautiful Swedish forest this spring. We will immerse ourselves in yoga practices, meditation, relaxation, dance, reflection exercises, sharing circles, walks in the forest.

We will enjoy sauna sessions by the lake, maybe even dips in the lake and eat delicious vegetarian food. All this to cleanse, detox, energise, relax and renew body and mind.

When we do not have any classes or other joint activity, you can relax in your cabin or by the fireplace in the living room, enjoy the silence and nature - by yourself or with others.

The retreat is for you who needs a break from everyday life, to re-establish contact with yourself and return to your feminine essence and power. It is also for you who wants an energy boost and wishes to awaken your body, heart and your inner radiant Goddess!

You will go home filled with renewed energy, vitality and happiness in body and soul.

DATE & TIME

From Friday, 26 April 2019, 13:30 (1:30 pm)

Until Sunday, 28 April 2019, 16:00 (4:00 pm)



CLASSES

Through various exercises such as hatha flow yoga, yin and gentle yoga, breathing exercises, guided meditations, visualisations and relaxation, we will connect with body, mind and soul. In addition, there will be one dance class, reflection exercises and sharing circles.

It is an advantage if you have tried yoga before, but the classes will be done in a way so that everyone can follow.

Themes we will explore:

- Feminine essence, flow and power
- Women's energy flow and detox
- How to create more balance and self-love / self-care

*** NB. If there are foreign participants, the classes will be held in English. ***

PROGRAM

You will receive a detailed program when you have signed up. There will be about 12 hours' tuition in total.

THE RETREAT PLACE

The retreat takes place at the newly renovated retreat site "Skoven Kalder" in the Swedish forest down to a beautiful, quiet lake. This is a beautiful farm, with basic luxury and cosiness. We live in small cabins around the forest where nature is close to us in every way. You also have to go for a short walk from your cabin when you want to take a shower or go to the toilet. If you stay in the main house, there is bathroom and toilets.

Meals are in the main house that also has a cozy living room with a fireplace and outdoor lounge.

The classes take place in the most beautiful yoga hall with floor heating and panoramic views of the forest. There are yoga mats and yoga equipment. There is also a sauna overlooking the lake. The place is completely unique and nourishing for all senses.

"Skoven Kalder" is only 2.5 hours drive from Copenhagen by car (about 7 km from the town of Ryd in Sweden). See more under transport.



SEE PICTURES HERE: <http://www.pureyoga.dk/billeder/retreat-i-sverige-skoven-kalder/>

The forest is calling... The soul is calling ... to a beautiful place in nature ... to a place within yourself...

PRICE: DKK 3995 / person including tuition, 2 nights in shared double room (or twin, or triple), all meals, coffee / tea and sauna sessions.

You can bring your own linen and towel, or it can be rented for DKK 100 / person.

Single room: DKK 500 extra / person (limited number)

PAYMENT

Deposit (non-refundable): DKK 1500 payable upon registration to secure your spot. The balance is due by 1 March. (I will send the payment info upon signing up.)

When registering from and after 1 March, the full amount is due.

NUMBER OF SPOTS: 12

CLICK HERE TO REGISTER: <https://goo.gl/ATTM1p>

Q&A: Do you have questions before signing up? Contact me at pureyogadk@gmail.com and book a clarity call by phone or Skype.

TRANSPORT

“Skoven Kalder” is about 7 km from the town of Ryd and 35 km from Karlshamn, about 2.5 hours drive from Copenhagen by car.

BY CAR:

If you drive by car, we send the GPS coordinates 1-2 weeks before the retreat.

You are encouraged to drive together, which can be coordinated when I know who have registered. If you have a car and want to share petrol and bridge expenses, the trip can be done for approx. 200 kr. / person if you are 4 in the car.

BY TRAIN:

From Copenhagen to Karlshamn: 2.5 hours. A return ticket costs approx. DKK 400 Find tickets at: www.sj.se

From Karlshamn we can arrange joint pickup by car. This costs extra.

CONDITIONS

Once you have paid a non-refundable deposit of DKK 1500, your registration is binding. The balance must be paid by 1 March.

Cancellation rules: Cancellation can be done in writing by email. If you cancel, the deposit will not be refunded. If you cancel before 1 March, you can get your money back minus the deposit. No refund will be given from 1 March, but you are welcome to transfer your spot to someone else. You need to let us know who is taking over your spot.

In the event that the retreat is cancelled, your full amount will be refunded. The retreat will take place if there's a minimum of 10 participants.

SIGN UP HERE: <https://goo.gl/ATTM1p>

Q&A: Do you have questions before signing up? Contact me at pureyogadk@gmail.com and let's have a chat.

Looking forward to seeing you! :-)

Barbara Szorad
Yoga & Dance Teacher, Life Coach

www.pureyoga.dk