

Weekend Retreat in Österlen, Skåne with Sara and Guy, 1-4th August 2024

We have always wanted to work more intimately with yogis who are interested in moving forward with their practices. This is why we like to arrange these extended weekends for practice and relaxation, previously in the Swiss mountains but now in Österlen, south of Sweden. Small groups, quality time on the yoga mat, good food and a beautiful setting. We stay at *Skräddaröd B&B*, a "skånelänga" from 1760 where accommodation, meals and yoga practice/lectures will take place. Apart from the retreat activities (see schedule below) there are possibilities to explore the enchanting landscape of Österlen through forest walks, going to the beach and more.

Included:

3 nights with comfortable accommodation (double rooms with attached bathrooms)
6 Vegetarian Meals + Tea, Coffee and Snacks. (if you only eat vegan, please let us know!)
6 extended yoga sessions + 2 extra meditation sessions (Friday and Saturday)
Possible hikes and beach time for those who would like to.
Transport to and from Simrishamn train station if needed.



<https://skraddarod.se/>

Schedule:

Thursday

Arrival time sometime during the day.

17.00-18.30 Yoga class

19.00 Dinner

Friday & Saturday

7.30-10.30 Practice (chanting, asana, pranayama and meditation)

11.00 Brunch

11.00-15.30 Options for hiking, swimming or other outings (or just relaxing).

Simple snacks will be available at the B&B during this time for those who decide to stay.

15.30-17.30 Practice/lecture/discussion

18.00 Dinner

20.30-21.00 Meditation session in the shala

Sunday

7.30-10.00 yoga class

10.30 Brunch

Departure sometime during the day.

Only 10 spots available!

Price per person (sharing a double room): 8500 kr

Reserve your spot by sending us an email to: [**sara.yogi@gmail.com**](mailto:sara.yogi@gmail.com)

(20% of the fee, 1700 SEK, would be a nonrefundable deposit)

It will be a fantastic weekend and we hope you can join us.

Ommm

Sara and Guy (and Finn)