



Retreat

SWEDEN
STOCKHOLM
ARCHIPELAGO

14-17 MAY
PRICE from:
4400kr



Movement

Meditation

Mindfulness

Sprout **WITH**

RELAXATION

It's finally happening!

Adam, Greta och Stefan welcome you heartfully into a unforgettable yoga retreat on one of Swedens most beautiful islands. Get ready to connect with magical experiences with nature within you and around you. Food made of love, evloving and experimental yoga classes diving deeper into the layers of your body, spirit and mind, always with assistent from us teachers.



Retreat
SWEDEN

LIVE WITH:

- Yoga classes in forms of yin, hatha, vinyasa.
- Yogaklasser i formerna Yin, Hatha och Vinyasa -
- Sound healing & Mantra
- Meditation
- Pranayama breathing practices
- Hiking in the healing forest of Sandhamn
- Connection with nature
- Depending on the group there is also opportunity to try SUP, kayak and freediving.

LIVE IN:

- We have rented a few authentic and cozy houses on the peaceful and car free island where we will live together for a long weekend.
- Price from 4400kr (depending on room, private, twin or dorm)

INCLUDED IN PRICE:

Transportation with boat to the island from Stockholm, all yoga classes, accommodations, all adventures we have scheduled, food (brunch, dinner and snacks).

"IN THE YOGA CLASSES WE ARE HERE TO GUIDE YOU WITH OUR HANDS ON ASSISTENT TO SUPPORT YOUR UNIQUE YOGA JOURNEY, SAFETY IN SEQUENCE AND TO CREATE SPACE FOR DEEPER EXPLORATION FOR YOUR INDIVIDUAL ALIGNMENT ."

FOR QUESTIONS
OR BOOKINGS:



EMAIL:
GRONDAHL.G@GMAIL.COM



WE LOOK FORWARD HEARING FROM YOU
KINDNESS AND CARE
ADAM, GRETA AND STEFAN