

Ashtanga Retreat 16th - 18th July 2021

YogaShala Blidö is a newly built yoga house with 13 windows overlooking beautiful nature in Stockholm's archipelago. We live a 2 minute walk from the Baltic sea in small classical Swedish summer houses and we eat organic vegetarian/vegan meals.

This retreat is a great introduction if you're new to Ashtanga yoga and want to learn the fundamentals of the practice or if you just want to practice the basics again and enjoy a weekend in the archipelago.

If you are new to Ashtanga and interested in the more advanced 8 days Mysore Ashtanga retreat (19th of July), this retreat is a good introduction to that retreat!

During this weekend course we'll go through:

- Ashtanga Yoga Half Primary Series ledd class
- Asana Workshop looking at key postures & transitions
 - Intro to Meditation & different techniques
 - Pranayama (breathing techniques)
 - Yoga Philosophy lecture & discussion
- Intro to Mysore Style Ashtanga & self-practice

Yoga retreat includes:

- 5 classes
- 2 nights accommodation (shared)
- All meals, including snacks/coffee/tea during day
- Yoga mats available, props etc.

Yoga teacher:

With a background in music Sofia started practicing yoga at the age of 13. She did her first yoga teacher training in India after graduating school at 19 years old. Since then practicing and teaching yoga has been a huge part of her life. Today Sofia is a dedicated Ashtanga yoga practitioner and has been practicing with numbers of well known Ashtanga teachers including Sharath Jois at KPJAYI in Mysore, India. Sofia's been teaching workshops and retreats in different parts of the world. The past 6 years she's been teaching regular classes in Stockholm and hosted three Mysore yoga-programs, over 20 retreats and numerous workshops.

How to get here?

You can either take bus 676 from Tekniska Högskolan towards Norrtälje and then change to bus 634 to Glyxnäs (end station). This trip takes over 2 hours. Information about this Public transport you'll find on www.sl.se

If you want to drive by car it takes about 1 hour 45 minutes from Stockholm and you can easily take the two ferries over to Yxlan and then Blidö with no cost, they leave every 30 minutes from Furusund. Address for Google Maps: Glyxnäs Byväg 77, Norrtälje.

Or you can also take a beautiful ferry ride all the way from Strömkajen in Stockholm city to Glyxnäs Brygga with Waxholmsbolaget. About 3 hours.

Booking & questions: info@yogashalablido.se

See you on the mat!

Schedule:

Friday

15.00-16.30 Arrival

17.00 Opening Circle & Yin Yoga

19.00 Dinner

Saturday

07.30-08.00 (optional) coffee & tea

08.00-10.00 Meditation & Ashtanga Yoga

10.15 Breakfast

12.00-14.00 Yoga Philosophy & Asana Workshop

(14.00-15.30 Light lunch is available)

14.00-17.00 Free time

17.00-18.30 Yin Yoga & Metta Bhavana Meditation

19.00 Dinner

Sunday

07.30-08.00 (optional) coffee & tea

08.00-10.00 Meditation & Ashtanga Yoga

10.15 Breakfast & Packing

12.00-13.00 Closing circle

13.56 SL-bus leaves home