

# Ashtanga Mysore Retreat - Sandsgården

*Date: 1st-7th of August 2022*

*Location: Sandsgården, Dalarna*

*Price: 8900 kr*

*Teacher: Sofia Soori*



Welcome to Sofia's yearly Ashtanga Mysore Retreat, this year in the beautiful landscape of Dalarna! This retreat includes Mysore style classes, Ashtanga led classes, Yin Yoga, workshops, all meals and accommodation. During this week we'll explore the powerful practice of Ashtanga yoga and dive deeper into its philosophy. The morning classes will be taught as traditional Ashtanga yoga is taught through "Mysore Style practice" which is a form of self-practice in a group setting guided by your teacher. Talk to us if you have any questions or feel unsure about joining.

**ALL LEVELS WELCOME!**

*If you are completely new to the practice we recommend joining our Ashtanga Foundations Retreat 29th of July 2022 before this retreat to get a good introduction weekend. Though this is not a requirement to join the Mysore Retreat! We will split the group in two in the morning so that the ones who are new to Ashtanga Mysore style self-practice will be given more assistance. Also: see the posture chart in the last page of this document.*

## A day at the retreat:

We'll start off the day with an Ashtanga Mysore class. The first and last morning Sofia guides us through a Led Primary Series. In the afternoons we'll be studying yoga philosophy as well as have asana workshops, focusing on different aspects of the physical practice (jump-back/through, armbalances, backbends/drop-backs, hip-opening postures etc). We'll end the days with Yin Yoga or Pranayama & Meditation.

### Included:

Yoga with individual guidance, yoga related workshops & lectures, all meals (vegetarian/vegan) & accomodation. Please let us know if you have any allergies or special diet.

(More info below & for schedule, see last page)

### About your 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 a number 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. She owns a retreat centre together with her mother in the archipelago of Stockholm (Yogashala Blidö).



### Booking

The retreat price is 8900 SEK for the full week of yoga, workshops, food and accommodation. Accommodation is shared with one other person (same sex). Linen & towel is included. If you want to book a private room, the price is an additional fee of 1000kr per night. For pictures see further down in the document.

Not included: Transfer to the retreat centre.

Payment method will be sent to you by email upon booking.

Cancellation fee for this retreat is 1500 SEK.

Let us know what payment method works for you and we can see if we can help you out!

### Covid-19 info:

We will be updated with the latest info about restrictions from the Swedish government and if we by any chance would need to cancel the retreat, all participants will get a full refund back.

### Dates 2022:

1st-7th of August

(Try to not be late to the starting class at 17.00 or leave earlier than our closing circle on Sunday.)

Location:

Sandsgården Gopshus, Dalarna  
Address: Spjotvägen 8, 792 94 Mora

How to reach here?

If you're traveling by train, you can book a ticket through [www.sj.se](http://www.sj.se) to Mora station. From the station, there is a bus to Gopshus (close to the retreat centre location). If you want to book a shuttle from the train station, let us know. Please try to plan your trip so that you arrive around 15-16 in the afternoon to the retreat.

If you are traveling by car, just type in the address above in Google maps and you will find us!

If you are traveling by plane, we recommend Arlanda airport and from there you can take the train directly to Mora station like mentioned above.

To ask questions or to **book a spot for the retreat email: [info@sofiasooriyoga.com](mailto:info@sofiasooriyoga.com) or call +46703053032**

Preliminary Schedule:

Monday 1st of August

15.00-16.00 approx. time of arrival  
17.00-18.30 Yin Yoga & Yoga Nidra  
19.00 Dinner  
21.00 Quiet time around houses

Tuesday 2nd of August

08.00-10.00 Meditation & Ashtanga Led Primary series class  
10.30-11.30 Brunch  
*11.30-15.00 Free time*  
*There will be snacks available 14.00-14.30*  
15.00-16.15 Yoga philosophy/chanting  
16.30-18.00 Yin  
18.30 Dinner  
21.00 Quiet time around houses

Wednesday 3rd of August

07.30 "Mysore Style" Yoga (group 1)  
08.30 "Mysore Style" Yoga (group 2)  
10.00-11.30 Brunch  
*11.30-15.00 Free time*  
*There will be snacks available 14.00-14.30*  
15.00-16.45 AsanaLab: Armbalances & Ashtanga Techniques  
17.00-18.00 Pranayama & Meditation  
18.00 Dinner  
21.00 Quiet time around houses

Thursday 4th of August

07.30 "Mysore Style" Yoga (group 1)  
08.30 "Mysore Style" Yoga (group 2)  
10.00-11.30 Brunch

*11.30-15.00 Free time*

*There will be snacks available 14.00-14.30*

15.00-16.15 Yoga philosophy/chanting

16.30-18.00 Yin/relaxation

18.30 Dinner

21.00 Quiet time around houses

Friday 5th of August

07.30 "Mysore Style" Yoga (group 1)

08.30 "Mysore Style" Yoga (group 2)

10.00-11.30 Brunch

*11.30-15.00 Free time*

*There will be snacks available 14.00-14.30*

15.00-16.15 AsanaLab: Backbending & drop-backs

16.30-18.00 Savasana Workshop

18.30 Dinner

21.00 Quiet time around houses

Saturday 6th of August

07.30 "Mysore Style" Yoga (group 1)

08.30 "Mysore Style" Yoga (group 2)

10.00-11.30 Brunch

*11.30-15.00 Free time*

*There will be snacks available 14.00-14.30*

15.00-16.15 AsanaLab: Armbalances & Ashtanga Techniques

16.30-18.00 Yin

18.30 Dinner

21.00 Quiet time around houses

Sunday 7th of August

07.30-09.30 Led class Primary Series

09.30-10.00 Closing circle

10.30-12.00 Brunch + packing

12.00 Departure

**Good things to bring for the retreat:**

- Beach towel (shower/sauna towel will be provided)
  - Bathing suit
- Yoga clothes (preferably fresh clothes every practice day)
  - Warm clothes for colder evenings.
    - Shoes for hiking
    - Water bottle
    - Mosquito repellent

We provide yoga mats (Yogiraj eko), but if you want your own, feel free to bring it!

If you have any further questions just e-mail: [info@sofiasooriyoga.com](mailto:info@sofiasooriyoga.com)

# GALLERY



















**Info:** it is good to know at least the Sun Salutations and the Standing sequence (three first rows of the picture below) before joining the Mysore retreat 1st-7th of August.

## Ashtanga Yoga Primary Series



The practice should only be undertaken with the guidance of an experienced teacher.