

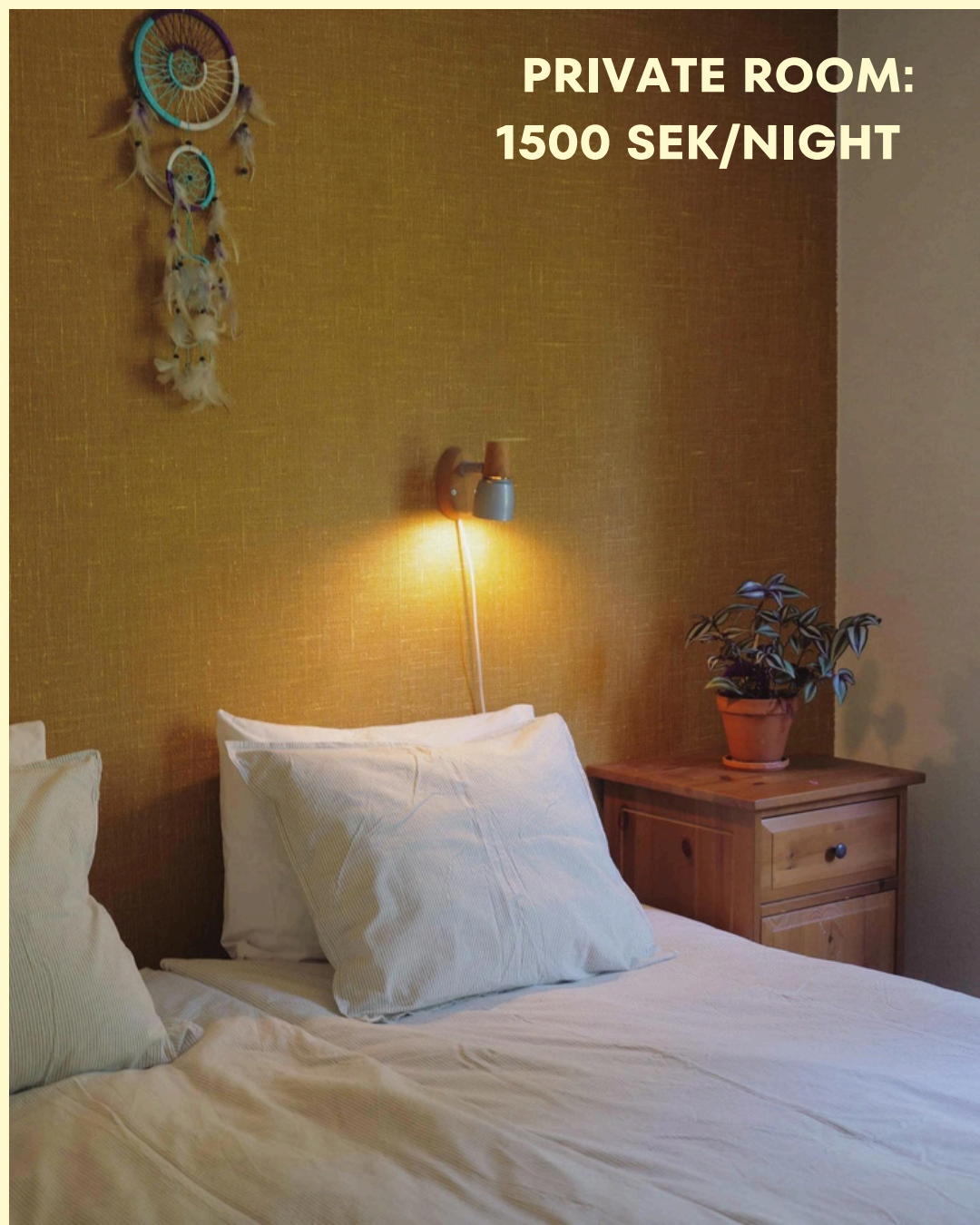
**YOGASHALA BLIDÖ
7TH - 10TH OF AUGUST 2025**

Ashtanga Retreat

**MORE DETAILS
INFO@YOGASHALABLIDO.SE**



**PRICE: 5900 SEK
- ALL INCLUSIVE**



**PRIVATE ROOM:
1500 SEK/NIGHT**

INFORMATION

WHAT

A long weekend of yoga, meditation, forest walks, good food and peaceful nature at Yogashala Blidö. Our retreat center is located in the southern tip of the island Blidö in the heart of Stockholms archipelago. You'll reach us easily by bus all the way from Stockholm city. At Blidö we live the simple life, we sleep in traditional Swedish summer cottages (two in each room) and share common spaces like bathroom and shower. All retreat groups have a maximum of 8 participants. Join us to rest, recharge and explore your inner world through yoga and meditation.

A DAY AT THE RETREAT

The morning classes will start with meditation, pranayama, followed by a dynamic yoga class. After practicing yoga we gather for an amazing brunch made by our chef Tobias who will nourish us with all meals during the retreat. During the day you'll have time to read a book, sleep in the hammock or enjoy a dip in the refreshing waters of the Baltic Sea. In the afternoons we'll practice Yin Yoga, meditation & relaxation. We end the day with a cosy dinner while we enjoy the long summer evening light of Sweden.

WHEN

7th - 10th of August 2025

(starts at 17.00 on Thursday and finishes at 12.00 on Sunday)

BOOKING

Bookings & questions: info@yogashalablido.se