

## *Ashtanga Retreat 16th - 18th July*

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 a beginner and interested in the more advanced 8 days Mysore Retreat, 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
  - Pranayama (breathing techniques)
  - Yoga Philosophy
- 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.

**Price: 4200 SEK** (500kr booking fee)

Cancellation fee is the same as the booking fee.

If the retreat gets cancelled by the host, you will receive a full refund.

Booking & questions: [info@yogashalablido.se](mailto:info@yogashalablido.se)

See you on the mat!

## Schedule:

### Friday

16.00-17.30 Arrival

18.00 Dinner

19.00 Opening Circle & Yin Yoga

### 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 Lunch

14.00-17.00 Free time

17.00-18.30 Yin Yoga & Loving Kindness Meditation

19.00 Dinner

### Sunday

07.30-09.30 Meditation & Ashtanga Yoga

09.45 Breakfast & Packing

11.30-12.30 Closing circle

13.30 SL-bus leaves home