

Welcome to our yearly Mysore Yoga Retreat with Sofia Soori

Week 1: 19 - 25 July 2021

Week 2: 26 July - 1 August 2021

This retreat includes accommodation, all meals (vegetarian/vegan), activities and yoga.

We start each day with meditation and guided self-practice (Mysore Style). Here you'll have the chance to dig deeper into your yoga practice, with the help of Sofia in an intimate setting (only 8 participants per retreat). First morning and last morning of this week Sofia guides you through Primary Series in a led class.

Afternoon workshops include yoga philosophy talks/discussions, asana-workshops (handstands, backbending, forward bending, strength drills, transitions/technique, second series postures) and chanting classes. We finish each day with some long held yin stretches and deep relaxation/meditation.

Level:

The retreat suits all levels of yoga practitioners that are familiar with the Ashtanga sequence (at least Sun Salutations and parts of Primary series standing sequence).

About us:

YogaShala Blidö is a retreat centre in the heart of Stockholm's archipelago. The island is easily accessible from Stockholm city by car, bus or boat.

In the retreat centre we live in traditional Swedish cottage houses and you'll share a room with one other person during your stay.

We eat organic vegetarian/vegan food, let us know if you have any special diet in your booking email!

Your teacher:

Sofia Soori has been practicing yoga since 2007 and been teaching regularly since 2013 in Sweden and abroad. Every year she visits her teacher Sharath Jois in India to deepen her knowledge in yoga. Sofia is teaching Ashtanga yoga, Yin yoga, pranayama and meditation. She owns a retreat centre together with her mother in the archipelago of Stockholm and has taught over 20 retreats and numerous workshops, as well as regular classes in Stockholm.

Including in this retreat:

- Accommodation single bed, shared room.
- All meals including snacks all day.
- Yoga, workshops and material (mat, props etc.)

Not included:

- Transfer to Blidö (address: Glyxnäs Byväg 77)

Retreat price for one week: 7990 SEK (500 SEK to reserve your spot)

Two weeks: 1000 SEK off the full price (if you book Week 1 + Week 2)

Cancellation: The reservation fee is the same as the cancellation fee.

If the retreat would by any chance be cancelled by the host, you will receive all your payments back.

Booking & questions: info@yogashalablido.se

Mysore-retreat schedule (preliminary!)

Monday:

16.00-17.00 Arrival
18.00-19.30 Dinner
19.30 Opening ceremony, Meditation & Yoga Nidra

Tuesday:

07.30-08.00 Meditation & Pranayama
08.00-09.30 Led Ashtanga class
10.15-11.30 Brunch
12.00-13.15 Workshop: Mantras → What is Ashtanga? Style(Tristana, vinyasa, series, method), History/background, Philosophy:
Yamas part 1
13.30-16.00 Free time
16.00-17.30 Pranayama → Yin yoga: Hips
18.00-20.00 Dinner

Wednesday:

07.30-08.00 Meditation & Pranayama
08.00-09.30 Mysore style yoga practice
10.15-11.30 Brunch
12.00-13.15 Workshop: Asana Lab (Armbalance & Transitions in Ashtanga)
13.30-16.00 Free time
16.00-17.30 Philosophy: Yamas part 2 + Yin: neck & shoulders
18.00-20.00 Dinner

Thursday:

07.30-08.00 Meditation & Pranayama
08.00-09.30 Mysore style yoga practice
10.15-11.30 Brunch
12.00-13.15 Mantras → Philosophy: Niyamas part 1
13.30-16.00 Free time
16.00-17.00 Yin yoga: chest & upper back
17.00-17.30 Metta Bavana Meditation
18.00-20.00 Dinner

Friday:

07.30-08.00 Meditation & Pranayama
08.00-09.30 Mysore style yoga practice
10.15-11.30 Brunch
12.00-13.15 Mantras, pranayama & Niyama part 2
13.30-16.00 Free time
16.00-17.30 Yin yoga + yoga nidra
18.00-20.00 Middag

Saturday:

07.30-08.00 Meditation & Pranayama
08.00-09.30 Mysore style yoga practice
10.15-11.30 Brunch
12.00-13.15 Workshop: Asana Lab - Forward folding & Second series
13.30-16.00 Free time
16.00-17.30 Yin yoga + vipassana meditation
18.00-20.00 Dinner
20.00-21.00 Meditation by the sea + mantras +guitar

Sunday:

07.30-08.00 Meditation & Pranayama
08.00-09.30 Led Ashtanga yoga class
10.00-11.30 Breakfast
12.00-13.00 Closing ceremony, meditation & sharing
13.30-14.30 Lunch
15.00 Bus leaves home