

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). So it is enough if you know the standing sequence by heart.

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.

At 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 has 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

Monday:

15.00-16.30 Arrival time
17.00 Opening Ceremony, Yin & Meditation
19.00 Dinner

Tuesday:

07.30-08.00 Meditation & Pranayama
08.00-09.30 Led Ashtanga Class
10.15-11.30 Brunch
12.00-15.00 Free time
15.00-16.00 Philosophy: What is Ashtanga? + Yamas part 1
16.00-17.30 Yin Yoga
18.00 Dinner

Wednesday:

07.30-08.00 Meditation & Pranayama
08.00-09.30 Mysore Style Yoga Practice
10.15-11.30 Brunch
12.00-15.00 Free time
15.00-16.20 Workshop/AsanaLAB: Armbalance & Transitions in Ashtanga
16.30-17.30 Yin Yoga
18.00 Dinner

Thursday:

07.30-08.00 Meditation & Pranayama
08.00-09.30 Mysore Style Yoga
10.15-11.30 Brunch
12.00-15.00 Free time
15.00-16.00 Chanting, Philosophy: Yama part 2 + Niyama part 1
16.00-17.00 Yin Yoga
17.00-17.30 Metta Bhavana Meditation
18.00 Dinner

Friday:

07.30-08.00 Meditation & Pranayama
08.00-09.30 Mysore Style Yoga
10.15-11.30 Brunch
12.00-15.00 Free time
15.00-16.00 Workshop/AsanaLAB: Second Series/Backbendings
16.00-17.30 Yin Yoga & Yoga Nidra
18.00 Dinner

Saturday:

07.30-08.00 Meditation & Pranayama
08.00-09.30 Mysore Style Yoga
10.15-11.30 Brunch
15.00-16.00 Chanting, Philosophy: Niyama part 2
16.00-17.30 Yin Yoga
18.00 Dinner
19.30-21.00 Music, Mantras & Meditation by the sea

Sunday:

07.30-08.00 Meditation & Pranayama
08.00-09.30 Led Ashtanga Yoga Class
10.00-11.30 Breakfast & packing up
12.00-13.00 Closing Ceremony, Meditation & Sharing
13.56 SL-bus leaves back to Stockholm

There might be small changes in the schedule to fit the participants during the retreats.