

Yoga & Running Retreat

Imagine starting off the day sitting on a cushion inside of a tree house with 13 windows overlooking the Swedish forest. Listen to sounds of birds in the spring weather with rays of sun touching your skin. Inside the yogashala we would spend about two hours in the morning with your teacher [Sofia Soori](#) before we start the day with some fun activities. After yoga we would be greeted with an amazing and healthy brunch. After the delicious food we take a little break to enjoy nature, read a book, hang out or simply just relax. Then we start to get ready for the run with [Agnes Maltesdotter](#), who will guide us through techniques and her best tips for both beginner runner and for those who wants some tips in your current running journey. Agnes, also known as [@undanflykter](#) on Instagram is a lifestyle photographer, with passion for motion and adventures in the search for a calm mind.

Retreat spots: 8 max

Retreat price: 5900 kr

Includes: All activities, food & accommodation (3 nights)

Where: YogaShala Blidö, Glyxnäs Byväg 77, Norrtälje

Hosts: Sofia Soor & Agnes Maltesdotter

Date: 27-30 August 2020

Start time: 16.00 on Thursday 27/8

End time: 14.00 on Sunday 30/8