

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 yoga teacher [Sofia Soori](#) before we start the day with some fun activities. After yoga we'll 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 runners and for those who want 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

Prel. schedule:

Thursday

16.00-17.00 Arrival

18.00-19.30 Dinner

19.30-20.30 Opening circle & meditation

Friday

08.00-09.30 Dynamic yoga (Ashtanga) + meditation & breathing techniques

10.00 Brunch

11.30-14.00 Free time

14.00-15.30 Running technique, strength & Running

15.30 Midday snack

16.30-18.00 Yinyoga (focus: hamstrings+hips)

18.30 Dinner

Saturday

08.00-09.30 Dynamic yoga (Ashtanga) + meditation & breathing

10.00 Brunch

11.30-14.00 Free time

14.00-15.30 Running technique, strength & Running

15.30 Midday snack

16.30-18.00 Yinyoga (focus: back & shoulders)

18.30 Dinner

Sunday

08.00-08.30 Meditation & breathing

08.30-09.30 Running

10.00 Brunch + packing

12.00-13.00 Closing circle

13.30 Light sallad + snack

14.58 Bus leaves back home