

**Want to escape the fast-paced “real world” and
wind down and tone up
in one of the most beautiful places on earth?**

**Then this Swedish summer retreat is
perfect for you**

**Enjoy 9 days of yoga, meditation, relaxation, organic food,
spectacular landscape and the company of like-minded people
from 1 to 9 August 2015**

No previous experience of yoga or meditation needed

All ages welcome

All sessions are run by a qualified trainer

Come and join us at a cozy and secluded farm cottage in Åre, Sweden for a well-deserved retreat from the hustle and bustle of everyday life!



During your stay with us you'll:

- Increase your flexibility and tone up your body
- Discover the many benefits of hatha yoga: strength, mental and physical balance, stress release, inner peace and calm
- Enjoy the rewards of meditation such as increased creativity, spirituality and deep relaxation
- Find time for yourself to reflect on what matters to you in life
- Relax, rejuvenate and dream
- Breathe in the fresh mountain air of Jämtland
- Eat 100% organic food

- Swim in crystal-clear lakes and by waterfalls
- Experience a traditional Swedish sauna
- Take gentle hikes in the stunning nature
- Make new friends!

A truly relaxing retreat, NOT a yoga bootcamp



The daily routine of our yoga retreat is very relaxed – there's no pressure to do anything if you don't want to. This is your time to simply be.

You'll have plenty of spare time to enjoy the long summer afternoons and evenings relaxing in the beautiful gardens of our farm cottage in Åre, Sweden, surrounded by awe-inspiring forest and mountain scenery.

You can take a walk in the stunning nature, enjoy a sauna by a clear stream or a swim under a waterfall... pick vegetables fresh from the farm...lie in a hammock and dream and sleep, or read and chat to your fellow visitors...Enjoy a therapeutic massage ...relish the peace and the time to reflect and revitalize.

This really is a retreat from all your stress and your fast-paced life, and a chance to find time for yourself to nurture your mind, body and soul.

Book now while there are still places left!

Enjoy 9 days off the beaten track and away from the rat race

- Small groups – only 6 people
- Stunning train journey from the airport to Åre, Sweden
- Four hours of yoga and meditation each day – beginners welcome!
- Therapeutic and deep tissue massages
- Plenty of free time to relax
- All meals and drinks provided and prepared for you
- Organic food and picnics
- Rustic cottage accommodation with mod-cons
- Day trips to the nearby waterfalls, mountains and countryside

Book now for your mind, body and soul holiday!