

YOGA & SKIING

JAN 25TH-28TH, FEBRUARY 15TH-18TH 2024, DALARNA SWEDEN

BREATHE . MOVE . CONNECT



WHAT

4 days of yoga and skiing in beautiful surroundings with yoga teacher Hanna Hax Holmsäter

WHEN

Jan 25th-28th and February 15th-18th 2024 at Sandsgården Gopshus.
www.sandsgarden.se

HOW

No previous experience needed. Ski rental available. Save your spot and book via haxlinder@gmail.com

FOUR DAYS OF

DAY 1 - GROUNDING

Dinner is served from 18.30, At 20 we have a short evening meditation and opening ceremony.

DAY 2 - ACCEPTANCE

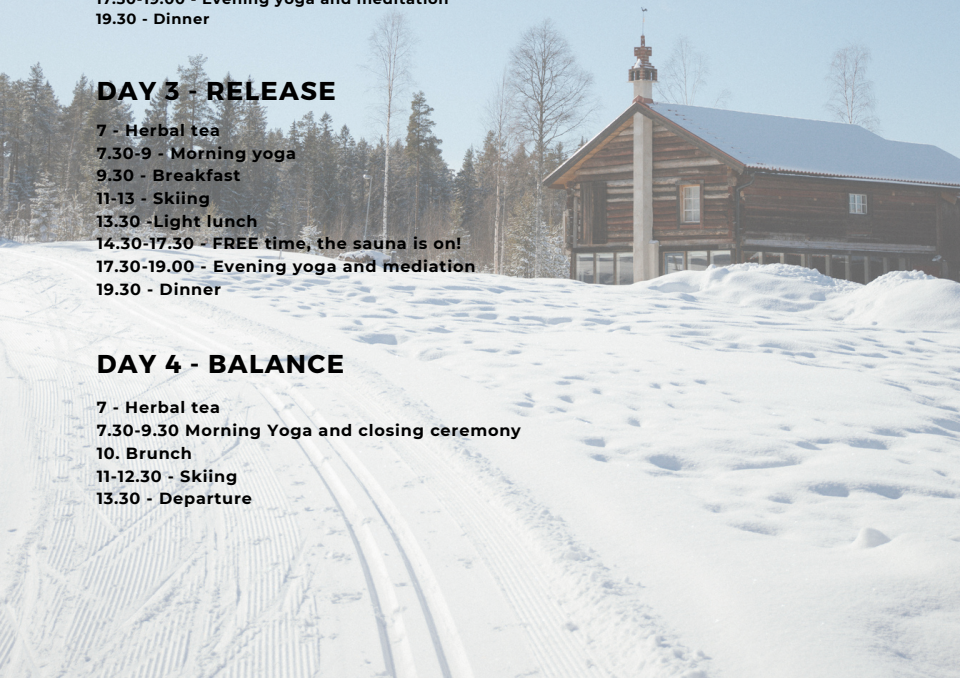
7 - Herbal tea
7.30-9 - Morning yoga
9.30 - Breakfast
11-13 - Skiing
13.30 - Light Lunch
14.30-17.30 - FREE time, the sauna is on!
17.30-19.00 - Evening yoga and meditation
19.30 - Dinner

DAY 3 - RELEASE

7 - Herbal tea
7.30-9 - Morning yoga
9.30 - Breakfast
11-13 - Skiing
13.30 - Light lunch
14.30-17.30 - FREE time, the sauna is on!
17.30-19.00 - Evening yoga and meditation
19.30 - Dinner

DAY 4 - BALANCE

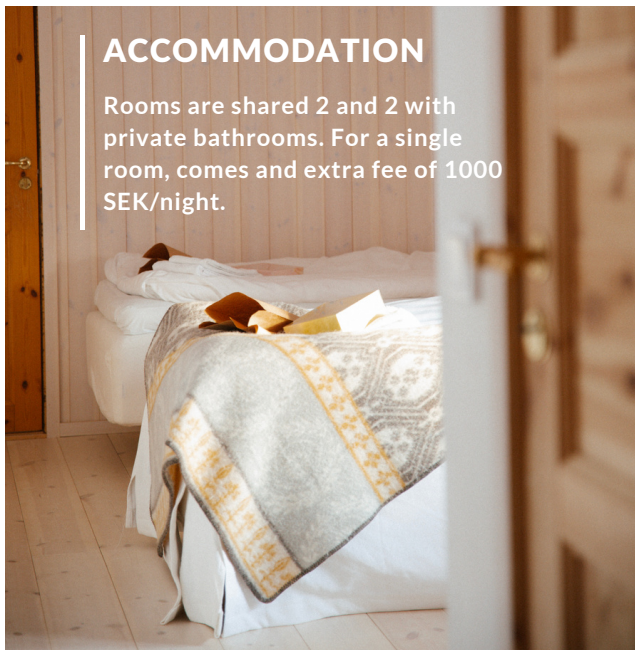
7 - Herbal tea
7.30-9.30 Morning Yoga and closing ceremony
10. Brunch
11-12.30 - Skiing
13.30 - Departure





ACCOMMODATION

Rooms are shared 2 and 2 with private bathrooms. For a single room, comes and extra fee of 1000 SEK/night.





PRICE 7400 SEK all inclusive.
Book your spot via
haxlinder@gmail.com





**ALL OUR MEALS ARE
MADE WITH LOVE BY
HAMPUS HOLMSÄTER**

**100 % VEGETARIAN
AND PLANT BASED**

ALLERGIES?

Please let us know any allergies

