

YOGARETREAT ÖLAND

JULY 18TH-21ST 2024, KALKSTAD FARM

BREATHE . MOVE . CONNECT



WHAT

4 days of yoga, hiking, and relaxation in beautiful surroundings with yoga teacher Hanna Hax Holmsäter

WHEN

July 18th-21st 2024 at Kalkstad Farm, Öland. Instagram: @kalkstadfarm

HOW

No previous experience needed. All levels are welcome. Save your spot, send an email to haxlinder@gmail.com

FOUR DAYS OF

DAY 1 - TRUST

Lunch is served from 13.00 followed by checkin in at your rooms. At 17 we have a short yoga class and evening meditation. Dinner at 18.30

DAY 2 - EMBRACE

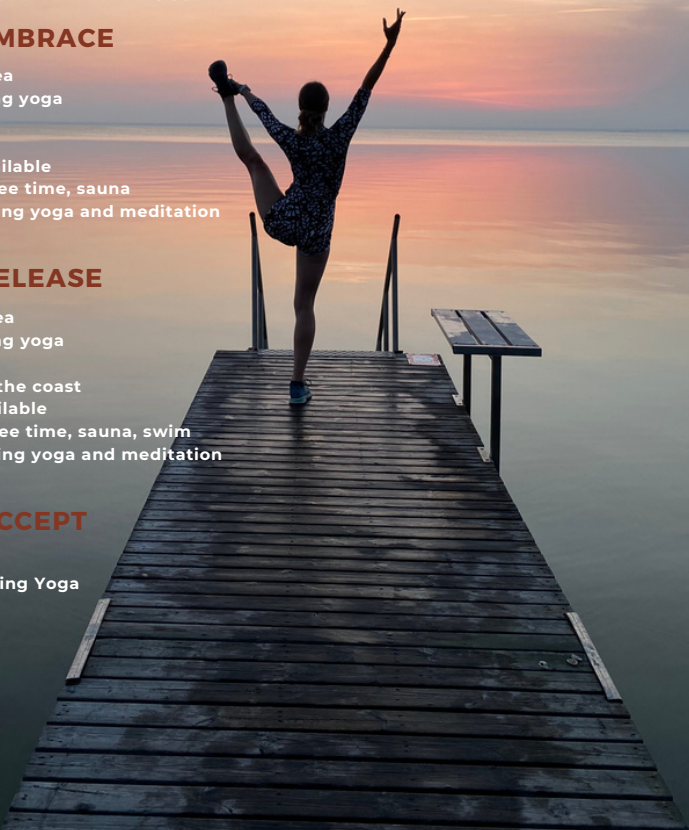
7.30 - Herbal tea
8-9.30 - Morning yoga
10 - Brunch
12-14 - Hike
14 - Snacks available
14.30-17.30 - Free time, sauna
17.30-19 - Evening yoga and meditation
19.30 - Dinner

DAY 3 - RELEASE

7.30 - Herbal tea
8-9.30 - Morning yoga
10 - Brunch
12-14 - Trip to the coast
14 - Snacks available
14.30-17.30 - Free time, sauna, swim
17.30-19 - Evening yoga and meditation
19.30 - Dinner

DAY 4 - ACCEPT

7 - Herbal tea
7.30-9.30 Morning Yoga
10. Brunch
Departure



ACCOMMODATION

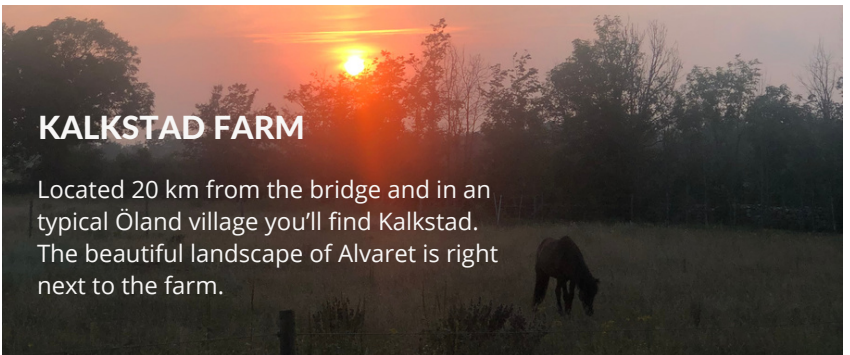
Rooms are shared 2 and 2 with private bathrooms. Single rooms available.





PRICE
7600 SEK, all inclusive





KALKSTAD FARM

Located 20 km from the bridge and in an typical Öland village you'll find Kalkstad. The beautiful landscape of Alvaret is right next to the farm.



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

**VEGETARIAN, FROM
LOCAL FARMS**

ALLERGIES?

Please inform us any allergies



About your teacher

Hanna Hax Holmsäter started to practice yoga by the age of 13 and completed her first teacher training at the age of 19. Since then she has continued her practice and has studied with internationally known teachers including Sharath Jois in India, who also authorized her to teach Ashtanga Yoga. Hanna has been working as a yoga teacher for over 10 years, hosting classes, retreats and events in Sweden, India and the US.

"It's so beautiful to witness what an impact a few days of breathing, movement and relaxation can make. It strikes me every time how simple tools can be so powerful."

