

YOGA & SKIING 2027

BREATHE . MOVE . CONNECT

FEBRUARY 11TH-14TH, MARCH 11TH-14TH 2027,
SANDSGÅRDEN DALARNA



WHAT

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

WHEN

February 11th-14th,
March 11th-14th 2027
at Sandsgården,
Dalarna. Instagram:
[@sandsgarden_gopshus](https://www.instagram.com/sandsgarden_gopshus)

HOW

No previous experience needed, all levels. Ski rental available. Save your spot, send an email to haxlinder@gmail.com



FOUR DAYS OF

DAY 1 - LAND

Check in from 16. At 17 we have an opening ceremony and evening meditation. Dinner at 18.30

DAY 2 - ACCEPT

7.30-9 - Morning yoga
9.30 - Breakfast
11-13 - Skiing
13.30 - Light lunch
14.30-17.30 - Free time, sauna & swim
17.30-19 - Evening yoga & meditation
19.30 - Dinner

DAY 3 - DEEPEN

7.30-9 - Morning yoga
9.30 - Breakfast
11-13 - Skiing
13.30 - Light lunch
14.30-17.30 - Free time, sauna & swim
17.30-19 - Evening yoga & meditation
19.30 - Dinner

DAY 4 - EMBRACE

7.30-9.30 - Morning Yoga & closing ceremony
10 - Brunch
Departure



ACCOMMODATION

Rooms are shared 2 and 2 with private bathrooms. Single rooms available, 800 SEK/night.





PRICE

7900 SEK, all inclusive





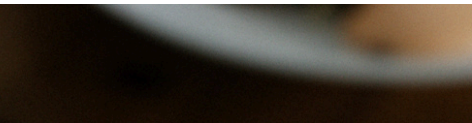


**ALL OUR MEALS ARE MADE
WITH LOVE BY HAMPUS
HOLMSÄTER**

**VEGETARIAN
AND LOCAL**

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. Hanna keeps striving to deepen her knowledge in health and is studying medicine to graduate as Medical doctor.

"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."



A photograph of a snowy winter scene viewed from a doorway. A path of footprints leads from the foreground into a snow-covered yard. In the background, there are several wooden houses with snow on their roofs, bare trees, and a blue sky with white clouds. The left edge of the image shows the white frame and handle of a door.

Cancellation policy

The booking is binding. Although it is not private, so in case of cancellation you can give your spot to someone else. We normally have a waiting list, so let us now.