SANDSGÅRDEN, DALARNA
31ST OF JULY - 6TH OF AUGUST 2023

Ashtanga Mysore Retreat

WITH SOFIA SOORI & HANNA LINDER

MORE DETAILS
HAXLINDER@GMAIL.COM

PRICE: 9500 SEK - ALL INCLUSIVE

PRIVATE ROOM:
1000 SEK/ NIGHT

INFORMATION

WHAT

A week of Ashtanga yoga (Mysore style), Yin yoga, meditation, workshops, good food and beautiful nature at Sandsgården in Dalarna. Together with yoga teachers Hanna Linder & Sofia Soori we will explore the powerful practice of Ashtanga yoga and dive deeper into its philosophy.

The morning classes will be taught as traditional Ashtanga yoga is taught through “Mysore Style” which is a form of self-practice in a group setting guided by us teachers. For this retreat it requires that you are somewhat familiar with Ashtanga yoga and the style of Mysore. It is fine if you are new to the practice, just talk to us if you feel unsure about joining.

During the days will have workshops focusing on different aspects of the physical practice (jump-back/through, armbalances, backbends/drop-backs, hip-opening postures etc) and yoga philosophy classes.

We’ll end the days with Yin Yoga, Meditation & Relaxation.

WHEN

31st of July to 6th of August - 2023

HOW

Bookings & questions: haxlinder@gmail.com