

A photograph of two women in a yoga studio. One woman is performing a handstand, with her legs raised high and feet together. Another woman is kneeling on the floor, assisting her by holding her legs. The studio has large windows in the background, showing a red building and greenery outside. The text 'ASHTANGA RETREAT' is overlaid in large orange letters.

ASHTANGA RETREAT

JUNE 5TH TO 8TH, 2025.
SANDAGÅRDEN, DALARNA

WHAT

4 days Ashtanga yoga
retreat with SYC
authorized yoga teacher
Hanna Hax Holmsäter

WHEN

June 5th-8th 2025 at
Sandsgården, Dalarna.
Instagram:
[@sandsgarden_gopshus](https://www.instagram.com/sandsgarden_gopshus)

HOW

All levels welcome. Save
your spot by sending 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 - OPEN

7.30-9 - LED primary series
9.30 - Breakfast
11-13 - WORKSHOP, philosophy & asana lab
13.30 - Light lunch
14.30-17.30 - Free time, sauna
17.30-19 - Yin yoga and meditation
19.30 - Dinner

DAY 3 - EMBRACE

7.30-9 - LED primary series
9.30 - Breakfast
11-13 - WORKSHOP, philosophy & asana lab
13.30 - Light lunch
14.30-17.30 - Free time, sauna
17.30-19 - Yin yoga and meditation
19.30 - Dinner

DAY 4 - ACCEPT

7.30-9.30 - LED primary series & closing ceremony
10 - Brunch
Departure



ACCOMMODATION

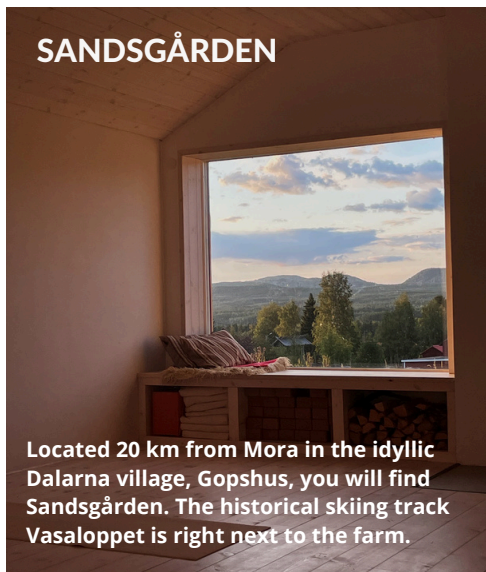
Rooms are shared 2 and 2 with private bathrooms. Single rooms available, 800 sek/night.



PRICE

7500 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."



About Ashtanga Yoga



Ashtanga Vinyasa Yoga emphasises the linking of movement and breath (vinyasa), Ujjayi breathing and bandhas (energy locks). Ashtanga Yoga is a system of yoga said to be derived from an ancient manuscript called the Yoga Korunta. The text of the Yoga Korunta was imparted to Sri T. Krishnamacharya around the 1900s who then taught it to his student Sri K. Pattabhi Jois. Jois then used this as the basis for Ashtanga Vinyasa Yoga which he started teaching in 1948. The Sanskrit word Ashtanga translates as Eight-limbs, referring to the Eight-limbs of yoga as outlined by Patanjali in the Yoga Sutras.

Ashtanga Vinyasa is a dynamic form of yoga. It is made up of six "series" (Primary, Intermediate and four Advanced series) each of which has a fixed order of poses. The traditional sequence starts with five Surya Namaskara A and five B, standing poses, one of the six series and ends with a finishing sequence. Traditionally this is taught in a "Mysore" style where the student learns the sequences gradually under the personalized guidance of a teacher, progressing onto the next posture when they are ready. Central to the practice is Ujjayi (victorious) breath. This deep audible, breath helps the student to keep the attention on the breath.



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.

