

A W A K E N I N G S P R I N G

Yoga Retreat

Thursday 21st May – Sunday 24th May 2020

4 days physical, emotional and mental exploration. Enjoy a given schedule with daily physical practice. Get back to your inner values and heal from broken time. Find new or remember old goals through guided meditations and mindful sessions. Treat yourself with the luxury of sauna, spa and sound treatments.

FRESH. NEW ENERGY. STRENGTHEN YOUR VALUES.

This retreat is an awakening of your buried energy patterns & repressed passions. We will dive back into strong and mindful self-development.

- 2 x Daily Yoga Classes (morning and evening)
- 1 x Daily Breath and Meditation Session
- 1 x Daily workshop on alignment & adjustment
- 1 x Daily Spa & Sauna Session
- 1 x Daily Silent Break with Internal Focus on Bodily function & Digestion
- Full Accommodation
- All meals included (vegan and vegetarian)
- Yoga styles in vinyasa, yin and nidra

CORONA OBSERVANT

We will highly respect the current COVID-19 legislation in terms of hygiene and recommended space. Unless the government changes current law, this retreat will have a maximum attendance of 9 people.

PRICE 2.995 DKK / 400 EUR

www.movebodymind.com

Awakening Spring Yoga Retreat Info

This retreat is for you who desires a scheduled break from states of crisis and wish to come back to your inner values of passion, goalsetting, and purpose. We will work with daily power yoga poses as well as deep meditations to refresh the system and encourage awareness towards the inner journey.

This retreat is unique in its ability to offer the best of both worlds. You gain the strong and powerful presence of raw Danish nature – a presence we will embody doing the power yoga flows – as well as the calming vibes of day spa, multiple daily meditations as well as evening yin practices.

The retreat is hosted at the **nature hideout Skovly in Ribe, Western Jutland**. This hidden forest gem offers cute cottages, secluded spa facilities, open fireplaces, green nature surroundings as well as a forest in the back yard.

This will be much needed time to reconnect with yourself before jumping back into your every day routine.

The retreat has a current limit of maximum 9 people.

Accommodation Information & Covid-19

The cottages are wooden, glamping styled and simple living themed. Find calmness in simplicity and distance yourself from luxury goods. With comfortable box madras, natural lights and forest view you invite serenity. The bathrooms are separated by a stone throws nature walk from the cottages.

All the rooms are private due to the covid-19 situation and government restrictions. We will of course meet all precautions for cleaning and hygiene for the cottages as well as the entertainment areas.

Price for the retreat is pr person.

BOOK your spot at www.movebodymind.com

What's included in price

4 days with 25 hours yoga, workshop & spa content
Accommodation for 4 days / 3 nights
3 delicious vegetarian or vegan meals daily
Transfer to and from retreat location

What's not included

Train ticket to Skovly, Ribe
Meals before and after check in/out

The Yoga Dome & Nature Surroundings

We will be practicing yoga inside a stunning wooden dome. The dome is round with a spacious atmosphere. We will get a very special sensation of togetherness, even with much space between the mats. The dome is located in the secluded spa area, giving a very mindful and calm vibe to the practice.

The dome will be used for our daily yoga and meditation classes, workshops and for a daily post-lunch-break, focused on internal calmness and digestion.

With a forest in the back yard, we will be doing our nature walks in the surroundings as well as outdoor meditations.

Food Information

3 x full meals every day
Daily tea and snack breaks
Herbal tea, lemon water and fruit available all day, every day

With the chef being skilled with extensive nutritious knowledge as well as abilities to create tasty organic and seasonal foods, we will experience fresh and local commodities in a profound experience of taste and satisfaction.

On day 1 the check in is at 11:00 and breakfast will not be included.
On day 4 check out is at 14:00 and dinner will not be included.

For gluten free or vegan options please feel free to comment upon booking, and the chef will prepare food to gratify your wishes.

Skovly Forest Hideout

“Nature is pleased with simplicity.” – Isaac Newton

Skovly Forest Hideout is a hidden gem inviting room for pause. It's founded on the desire to be close with nature. The name 'Skovly' is Danish for a shelter in the forest. The owner wish to inspire room for calmness, nature happenings as well as awareness on the body and world you exist in.

The Skovly facilities and location is designed to invite deep breaths and presence towards the current moment. The nature plays a big part of the every day routine here. With a beautifully happy and vibrant attitude, this space provides a special place to get back to an inner core of happiness and tranquility.

How to get there

Skovly is easy accessible by car, train or bus.

The fastest way to get here is by car, which takes about 1 hour and 45 minutes from Aarhus H. If you wish to access the place by train, it will take 2 hours and 30 minutes, the fastest line being from Aarhus H to Bramming St. and from Bramming St. to Ribe St.

If you arrive by train, I will arrange for your pickup at the station without an extra charge. If you arrive by car, you will have free parking at Skovly.

No certification, this practice is for you

This is a retreat and not a teacher training. There will be no exams and you will not be expected to memorize any of the theory. This is solely for you to learn and grow. You will not be certified and will not receive a certification upon ending the retreat.

This is for you to deepen your practice.

Namaste