

# Bright Start New Years Retreat

Sydkoster Island (West Coast Sweden) | 24-26 January 2025



## The Location

The retreat takes place in West Coast Sweden's maritime national park which is almost tech and car free, a haven for lovers of nature & stillness.



## Getting here

Make your way to Gothenburg\*/Oslo and travel via train/bus/car to Strömstad station (2.5 hours). Walk to Norra Hamnen harbour (5 mins) and take the Kosterboat to Ekenas, Sydkoster (50 mins) where we'll collect your luggage and you'll collect your bicycle to cycle to your accommodation.

During your time on Sydkoster you'll receive your own bike to get you around the island. We can also arrange a mini electric car rental or taxi.

*\*Over-night Stenaline from Kiel connects with 11:10 train from Gothenburg Central station.*



## Accommodation

We are happy to include shared mezzanine accommodation at **Ateljé Lövås** for up to 5 people, as well as a small cottage for 1/2 people which is a 3 minute walk from the studio. Alternatively, you are welcome to rent affordable private cottages at **Bergdalen** which is a 1.6 km bike ride away.

All accommodations have kitchen to prepare meals at your leisure. There is a well stocked organic supermarket a 12 min walk/ 6 min bike ride away.



### Mezzanine at Ateljén Lövås

Conveniently right next to the yoga studio, overlooking open fields, Ateljén offers simple, clean, comfortable accommodation with shared sleeping spaces and bathroom. Choose from the bright spacious mezzanine (single beds) or bedroom (bunk beds). *Please note that bedding hire is an additional 150 SEK at Ateljén.*



### Ocean cottages of Bergdalen

Private cosy cottages are right on the ocean and offer stylish, modern accommodation. *Please note that bicycle hire will be an additional 100 SEK per day when choosing to stay at Bergdalen.*

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## The Retreat

Celebrate 3 days of new years renewal, renovation and respite amidst a tranquil island haven. Breathe in fresh intentions and bathe in delicious yoga, movement, sound and conscious relating/journaling.

Explore traditional and creative intention setting practices and crafting, using tools to establish a healthy routine—to bring home an easy to use tool box of inspirational mini practices to keep you inspired, in the flow, upbeat and with clear intention on how to move forward in to a happier and more relaxed future and Self.



### Indoors practice in Atelje Lovås Studio

A truly warm and cosy, light-filled space with underfloor heating and breathtaking views. The long established studio is equipped with mats, blocks, blankets and chairs.



### Outdoors in Nature in your free time

The inspiration continues outside where you can meet the trees, the sun, the rocks, the ocean and take respite on relaxed nature walks.



## The Itinerary

### Fri 24 January 2025

14.25 Boat departs from Norra Hamnen  
15.20 Arrive at Ekenas Harbour  
15:30 Check-in at your accommodation  
16:45 - 19:00 Intro & soft landing class

### Sat 25 January 2025

9:30-12:00 Retreat time  
Free time & meals at your accommodation  
15:30 - 19:00 Retreat time  
Free time & meals shared at Ateljen or at yours

### Sun 26 January 2025

Pack and clean rooms  
9:30 - 12:00 Retreat time  
12:00 Shared lunch (to bring)  
13:00 - 14:00 Closing circle & Farewell  
14:40 Cycle to Ekenas harbour  
15:20 or 17:00 Boat departs for Strömstad

*All classes are optional, of course!*



# Bright Start New Years Retreat

Sydkoster Island (West Coast Sweden) | 26 - 28 January 2024

## Booking Terms

Please ensure that you fully read, understand and accept the conditions of our Cancellation Policy, Payment and Booking Terms when you book. This will include assuming full responsibility (including personal travel insurance, inclusive of Covid cover) for the duration of your stay which will cover loss or damage of personal belongings and any damages inflicted on yourself, on others, or on any objects. You will also need to detail any known medical or physical concerns for yourself and confirm that you are physically and mentally fit to undertake this retreat and that it is your responsibility to take care of your wellbeing.

## Cancellation Policy

Cancellations up until 6 months prior to retreat start are refunded in full, less a 2000 SEK deposit. Cancellations made between 6 months to 3 months prior to retreat start are refunded by 60%, less the deposit. For cancellations less than 3 months before retreat start, no refund is given unless we can fill your place. Should the venues not be accessible due Covid related matters, you will be offered a new retreat date and your payments will be transferred over to the new date. There will be no discounts or refunds for late arrivals, early departures, travel delays, illness, flight cancellations, unattended classes, or losses incurred due to natural disasters, pandemics or attacks. Please ensure you have appropriate insurance cover in place to cover yourself against any of these eventualities, including Covid cover. In the unlikely event of the retreat being cancelled by Imken Donde for any other reason, your payments made to Imken Donde up until then will be refunded in full. Any other costs such as flights, car hire or other are not refunded.



## Cost

### The Visitor

#### Included:

The Retreat  
Accommodation  
Snacks, tea, coffee & water  
Crafting materials  
Bikes at Ateljen accommodation  
Luggage transfer from/to Ekenas

#### Excluded:

Meals  
Insurance

#### Cost

5200 SEK (ca. €450)

[Book & Pay](#)

A longer stay is possible (from 340 SEK per night) and highly recommended for you to explore our islands and enjoy peaceful explorations...

### The Islander

#### Included:

The Retreat  
Snacks, tea, coffee & water  
Crafting materials

#### Excluded:

Accommodation  
Luggage transfer  
Bike hire  
Meals  
Insurance

#### Cost

3900 SEK (ca. €335)

[Book & Pay](#)

## Contact Imken

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