

Forest Bathing & Yoga in Nature Retreat

Kosters Islands (West Coast Sweden) | 28 - 30 April 2023

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 (50 mins) where we'll collect your luggage and you can collect your bicycle so that you can 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 10:40 train from Gothenburg Central station.*

Accommodation

We are happy to include shared accommodation at **Ateljen Lovas**. Alternatively, private accommodation just a short bike ride (1.6km) from the yoga studio can be arranged at additional cost.

Both accommodations have kitchen to prepare meals at your leisure. There is a well stocked organic supermarket a 5 minute walk away.

Mezzanine at [Ateljen Lovas](#)

Conveniently right next to the yoga studio, overlooking open fields, Ateljen offers simple, clean, comfortable accommodation with a shared living/kitchen a bathroom.

2 nights in either the shared bright spacious mezzanine (single bed) or in a single bedroom with bunk bed.

Bedding hire is an additional 15€ per night.



Ocean cottages of [Bergdalen](#)

Private cottages are right on the ocean and offers stylish, modern accommodation.

Please note that bicycle rent from Bergdalen is excluded (10€ per day).

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The Retreat

Experience 3 days of energising and invigorating Yoga in Nature and Forest Bathing. We'll gently move through a smörgåsbord of yoga, breath, sound, meditation, play, conscious relating and Forest Bathing / Forest philosophy.



Indoors practice in Atelje Lovås Studio

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



Outdoors Practice in Nature

The healing continues outside where we meet the trees, the sun, the rocks, the ocean, and learn how to connect and dialogue with nature.

Please pack weatherproof clothing to protect you against the rain and wind.

The Itinerary

Friday 21 October

14.25 Boat departs from Norra Hamnen
15.20 Arrive at Ekenas Harbour
15:30 Check-in at your accommodation
16:30 Retreat Intro & Soft landing class
19:00 Dinner at Kosters Trädgårdar

Saturday 22 October

8:30/9:00 Retreat time
11:00 Brunch & Fika at Kosters Trädgårdar
12:00 Free time
15:30 Retreat time
19:00 Dinner at Kosters Trädgårdar

Sunday 23 October

8:00 Retreat time
11:00 Brunch & Fika at Kosters Trädgårdar
12:00-13:00 Closing circle & Farewell
13:00 Pack and clean rooms
14:40 Cycle to Ekenas harbour
15:20/17:00 Boat departs for Strömstad

The Food



We'll celebrate homely and warming vegetarian food organically grown and lovingly made by [Kosters Trädgårdar](#). Meals will be enjoyed privately in the cosy fire-warmed restaurant or Orangerie.

There is a food shop a 5 min bike ride away.

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Booking Terms

Please ensure that you fully read, understand and accept the conditions of our Cancellation Policy, Payment and Booking Terms when you book online. This will include your assuming full responsibility (including personal travel insurance, inclusive of Covid cover) for the duration of your stay which will cover the 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 the 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. Should Sweden close its borders for any reason, we will reimburse you any retreat payments made to Imken Donde, when we receive evidence thereof. 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 @ €640

Included:

- 3 Day Retreat
- Meals
- Accommodation
- Bicycle hire
- Luggage transfer

Excluded:

- Travel Insurance

To get to Sydkoster you'll take a ferry from Strömstad (around 140 SEK return). If you come by car you can park in Stromstad.

[Book your place](#)

The Islander @ €550

Included:

- 3 Day Retreat
- Meals

Excluded:

- Accommodation
- Bicycle hire
- Luggage transfer
- Travel Insurance

[Book your place](#)

Contact

Please get in touch with Imken for further information or help.

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