

# IMKEN YOGA

## Yoga & Dance Retreat

Sardinia Island, Italy | 22-28 October 2023

*Join Imken for a special week of transformation and fun with Yoga & free moves in a private villa in Portobello's unspoiled nature reserve, right on the ocean. Secluded private gardens, infinity pool and panoramic views.*

### The Location

*Our villa is tucked away in Portobello di Gallura, a blissful nature reserve on Sardinia's North West Coast.*



Portobello is an oasis of calm with its white sandy beaches, beautiful rock formations and stunning turquoise ocean. Ancient pines and wild flowers line the coastal paths which are perfect for long walks.

### The Villa

*Our private villa is a short stroll to the peaceful sandy beach of Baya del Amore.*

*Enjoy the large living room and kitchen, decked infinity pool and sprawling terraced gardens.*



Classes will take place along the pool or beach and indoors on colder days. Yoga mats, blocks, belts and blankets are available. Internet is available in the living room.



### Accommodation

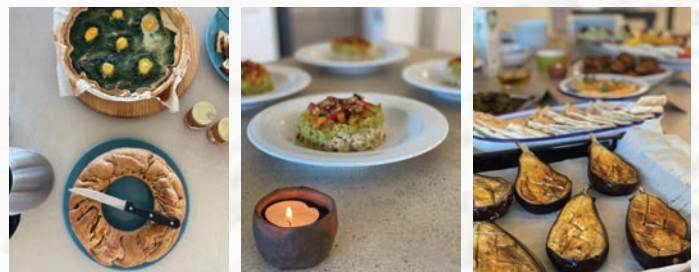
*The villa has 7 gorgeous bedrooms (double or twins), all ensuite with outdoor access and ocean views.*



Bedrooms will be cleaned midway through our stay. Bed linen and bath towels are included but please bring your own beach towels.

### The Food

*A talented local chef will prepare vegetarian/vegan Sardinian cuisine for us twice a day.*



Muesli, fruits, snacks, tea and water will be available all day.

## Getting there

*Direct flights from London, Hamburg, Zurich, Gothenburg, Copenhagen and Oslo.*

*Flight deals can be found on [skyscanner.com](https://www.skyscanner.com)  
The Villa is a 90 min drive from Olbia airport and 2 hours drive from Alghero airport. Both routes are a pleasant, easy drive on well maintained roads.*

We highly recommend hiring a car to make your way to the Villa and to explore the region during free time.

Visit [www.mietwagen.de](https://www.mietwagen.de) for great car hire rates.

We can help with car rental and connect you to other participants to meet up at the airport and share travel costs to the venue by journeying together.

## Checking in and out

Check-in will be from 3pm on the day of arrival with a welcome dinner served at 7pm.

On departure day breakfast will be at 9:30am before our 10:30am check-out. We leave the Villa at 11am.

## Schedule

*There will be a relaxed intro and yoga class at 4pm on arrival day. The remaining days we will have two yoga classes per day with one afternoon off.*

In all of the classes we will take care of individual needs and give space for the less experienced to be able to explore postures peacefully and at the level appropriate.  
And of course, all classes are optional.



The rest of the time will be free to do as we please.

Explore the beach, enjoy a massage therapy session with Anne, venture out to the surrounding villages or simply read a book by the pool side...



## Mornings

Gently invigorating classes will start at around 9am to free energies and mind, as well as to bring focus, exercise and open the body.

Some classes will be pure Hatha & Relaxed Flow with some meditation and breathwork, while others will be yoga woven with dance and free movement (easy moves & guided).

**We will have a delicious vegetarian brunch at 11am.**



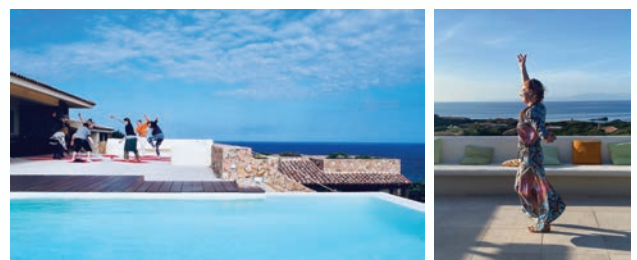
## Afternoons

Afternoons will follow at around 4pm with a sharing circle and a generally more relaxed session of 1.5 to 2 hours Hatha/ Yin/ Somatics or a workshop.

## Evenings

**We will have a delicious vegetarian buffet 6:30-7pm.**

A few evenings we might have dance, meditation, group work, sunset walks, mantra...



*Meditation, silence practice, partner yoga and breath work will be offered as well.*

## Excursions

*We will have one excursion day to visit the sweet beach town of Santa Teresa with its vibrant market and stunning Reina Bianca beach. We will then head off to Capo Testa where we will commune with its mesmerizing rock formations with some gentle yoga and meditative practice.*



## Treatments

*Anne is a certified massage trainer and therapist and will be available for Thai massage and Shiatsu.*

## Cost

**1550€ per person** in shared en-suite twin/double room

**1750€ per person** in the suite (1550€ shared by three)

**1650€ per person** in shared en-suite twin/double room with private patio

### Included:

Accommodation

Full Breakfast Brunch and Dinner

Muesli, fruits, snacks and drinks throughout the day

Two daily yoga classes

Excursions to Santa Teresa and Capo Testa

### Excluded:

Airport transfers

Car hire

Travel insurance

Massage treatments

## About Imken

*Yogic nomad since 2012, Imken works internationally as a Yoga Teacher and Craniosacral Therapist. Summers in Sweden, winters in India, with regular visits to London, Hamburg and Oslo.*

Coming from the corporate world, Imken searched for ways to de-stress, re-balance body & mind and to release lower back pain. Imken's main interest lies in sharing her creative exploration of expanding the body and softening into a healthy and happy Self.

**Imken's teaching is gentle, fun and open-hearted.**



Inspired by what students bring, Imken combines Hatha, Sama, Yin, Restorative and Somatic Yoga to create a joyful and playful practice. Leading with self-compassion and acceptance, Imken also draws from elements of Dance, Tai Chi and Sound Healing to provide a deeply nourishing experience.

## Booking

Please request and complete a registration form to book your place.

**We are happy to provide further venue photos and any other information you might require.**



## Contact details

**Email** [hello@imkendonde.com](mailto:hello@imkendonde.com) **Phone/WhatsApp** +46 76 0726670 **Facebook** Imken Yoga

*We very much look forward to be hosting you and sharing with you what will be a special week of yoga & free moves, deep relaxation and fun!*