

# IMKEN YOGA

## Yoga & Dance Retreat

Sardinia Island, Italy | 20-26 October 2024

*Join Imken for a bespoke week of sun-soaked yoga, free movement, dance and conscious relating on the grounds of two adjacent private luxury villas with infinity pools on an unspoiled ocean reserve.*

### The Location

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



Portobello is an oasis of calm with its 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 Villas

*Our two private villas directly opposite each other are a short stroll to the peaceful sandy beach of Baya del Amore. Enjoy the large living rooms and kitchens, decked infinity pools 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

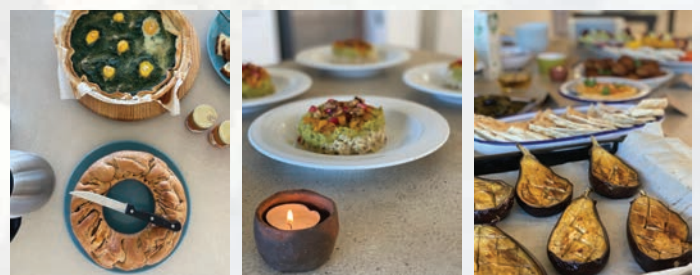
*The villas have 9 gorgeous bedrooms (double or twins), all ensuite with outdoor access. Most have ocean views.*



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 Villas are a 90 min drive from Olbia airport and 2 hours drive from Alghero airport. Both routes are a pleasant, easy to 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](http://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 at 15:30: and welcome dinner at 18:15

On departure day breakfast will be at 9:00 before our 10:30 check-out. We leave the Villa at 11:00.

## Schedule

*There will be a intro and relaxed landing 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 11:00.**



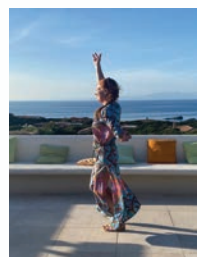
## Afternoons

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 at 18:30.**

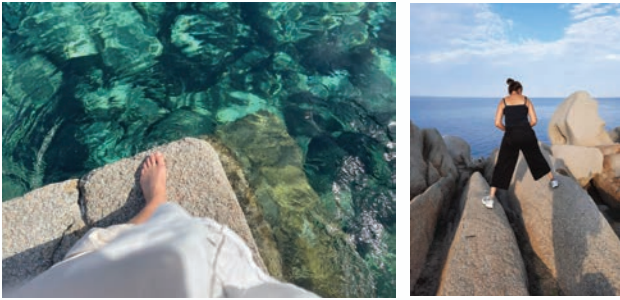
A few evenings we might have dance, meditation, group work, sunset walks, mantra...



*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

*Thai Massage and Shiatsu privates are available on request, depending on season.*

## Cost

**1760€ per person** in shared en-suite twin/double room

### Included:

Accommodation  
Full Breakfast Brunch and Dinner  
Muesli, fruits, snacks and drinks throughout the day  
Two daily yoga classes  
Day excursion to Santa Teresa, Capo Testa and Valle della Luna

### Excluded:

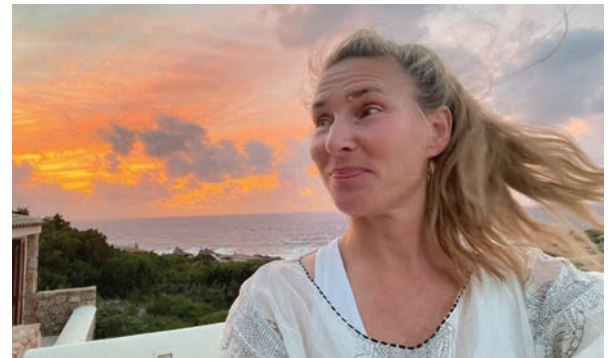
Airport transfers  
Car hire  
Travel insurance  
Massage treatments  
Drinks and food during the excursion day

## 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.

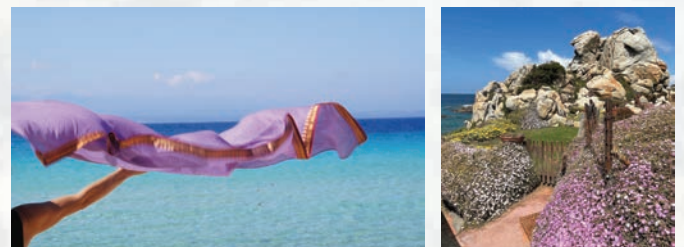
**Imken's teaching is gentle, fun and open-hearted.**



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!*