

Forest Bathing & Yoga in Nature Retreat

Kosters Islands (West Coast Sweden) | 19 - 23 October 2022

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.



Homely cottages at [Ateljen Lovas](#)

Conveniently right next to the yoga studio, overlooking open fields, [Ateljen](#) offers simple, clean, comfortable accommodation with a shared living/kitchen and bathroom. Please note that bedding hire is an additional 15€.

- Single bedroom 250kr per night
- Single bed in shared mezzanine 125kr per night

Getting here

Make your way to Gothenburg* 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.

**from Kiel, Germany travel overnight via Stenaline.*

Getting around

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.



Accommodation

We are happy to help you find and book your accommodation. Stay in homely cottages at [Ateljen Lovas](#), or at the ocean cottages of [Bergdalen](#). Longer stays are possible at both.

Ocean cottages of [Bergdalen](#)

A short bike ride (1.6km) from the yoga studio, Bergdalen is right on the ocean and offers stylish, modern accommodation. Please note that bicycle rent from Bergdalen is excluded (10€ per day).

We recommend below cottages most of which have ocean views:

- [Cottage Nr 9 - Lantern \(2-4 people\)](#)
- [Cottage Nr 5 - Magistern \(couple/friends\)](#)
- [Cottage Nr 11 - Solstugan \(1-2 people\)](#)
- [Cottage Nr 15 - Tranan \(1-2 people\)](#)

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The Retreat

Experience 5 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

Wed 19 October

14.25 Boat departs from Norra Hamnen
15.20 Arrive at Ekenas Harbour
15:30 Check-in at your accommodation
17:00 Retreat Intro & Soft landing class
19:00 Dinner at Kosters Trädgårdar

Thur 20 - Sat 22 October

8:30/9:00 Retreat time
11:00 Brunch & Flka at Kosters Trädgårdar
12:00 Free time
15:30 Retreat time
18:45 Dinner at Kosters Trädgårdar

Sun 23 October

8:00 Retreat time
10:30 Brunch & Flka at Kosters Trädgårdar
11:30-12:30 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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Cost

Full Retreat (5 day) 920€ per person

Long weekend (4 day) 735€ per person

Weekend (3 day) 550€ per person

Included:

- The Retreat
- Meals
- Bike Hire (Ateljen accommodation)
- Luggage transfer for specific times

Excluded:

- Accommodation (from 12€ per night)
- Travel Transfers
- Bike Hire (10€ per day at Bergdalen accommodation)
- Travel Insurance

Payment & Booking

A non-refundable payment of €920 will confirm your space upon booking. Payment can be made online here: www.imkendonde.com/swedenretreatbookingform

Contact

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

Phone **+46 76 072 6670**

Email hello@imkendonde.com

Website www.imkendonde.com

Cancellation Policy

Cancellations up until 6 months prior to retreat start are refunded in full, less the deposit. Cancellations made up until 3 months prior to retreat start are refunded by 60%, less deposit. For cancellations less than 3 months before retreat start, no refund is given. 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 or attacks. In the unlikely event of the retreat being cancelled your retreat payments will be refunded in full. Any other costs such as flights, car hire or other are not refunded. We strongly recommend taking out travel insurance to protect you from any eventualities and for peace of mind.

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.