

Bright Start New Years Retreat 2023

Kosters Islands (West Coast Sweden) | 27 - 29 January 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 (from Kiel, Germany travel overnight via Stenaline) 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.

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€.



Ocean cottages of [Berddalen](#)

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

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. It is a long established studio 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 27 January 2023

14.25 Boat departs from Norra Hamnen
15.20 Arrive at Ekenas Harbour
15:30 Check-in at your accommodation
17-18:45 Retreat Intro & Soft landing class
19:00 Dinner at your accommodation and Rest

Sat 28 January 2023

9:30-12:30 Retreat time
Meals at your accommodation and Rest
16:00-18:00 Retreat time
Meals at your accommodation and Rest
20:30 Fire ceremony (one evening)

Sun 29 January 2023

Pack & 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 or Pack & Clean rooms (for 17:00 boat departure)
15:20 or 17:00 Boat departs for Strömstad



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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

€450

Included:

- The Retreat
- Accommodation
- Crafting materials
- Bikes at Ateljen accommodation
- Luggage transfer

Excluded:

- Travel transfers (Ferry from Strömstad to Sydkoster return 130 SEK)
- Meals
- Insurance

Payment & Booking

Payment can be made online here:

[www.imkendonde.com/
swedenretreatbookingform](http://www.imkendonde.com/swedenretreatbookingform)



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