



THAI YOGA BODYWORK

Weekend retreat with Jonas Westring, July 19-21 2013

Welcome to a Thai Yoga Bodywork weekend retreat at Shantiland with Jonas Westring, massage therapist, yoga teacher and physiotherapist. With his broad knowledge, long experience, hands-on teaching methods, and inclusive attitude, Jonas will teach you how to give a one hour whole body massage session. No previous experience required.

During the weekend you can, apart from inspiring teaching, enjoy good and healthy food and the beautiful surroundings. Our evening activities include dinner together and everything ranging from meditation, film and dance to massage, sauna and bathing in beautiful lake Dellen.

Start & welcome: Friday July 19 at 18.00
Finish: Sunday July 21 at 16.00

Jonas has over 30 years of experience of massage, yoga and teaching and conducts trainings for Thai massage therapists and yoga teachers all over the world (www.shantaya.org).

Retreat price (including course, course material, two nights accommodation and delicious food prepared by acclaimed chef Gunilla Blom): only 2,500 kr* (appr. EUR300/USD390)

**) All prices include VAT. Fee for both Thai Yoga Bodywork & Yoga Fusion retreat July 14-19 (see separate flyer for information):
SEK 6,500 (appr. EUR780/USD1000). This weekend workshop also serves as an introduction to the Thai Yoga Certification program.*

For more information and booking, contact Jenny Westring on shantiland.se@gmail.com or call +46 (0)703 18 99 59.

Book before May 15 to
get 10% off!

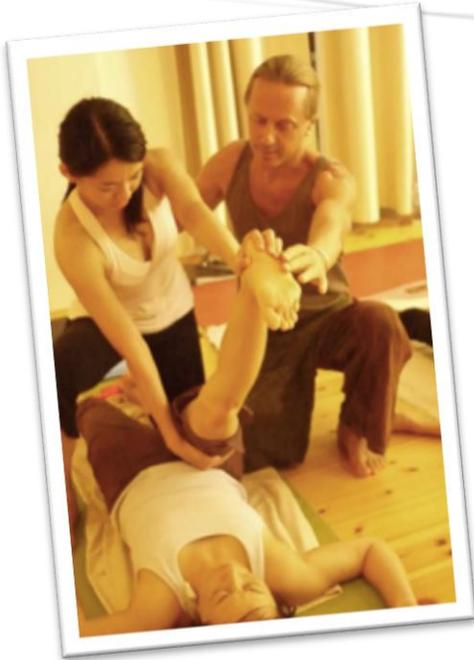
Welcome!



Thai Yoga Bodywork is similar to traditional Thai massage, combining therapeutic stretching, joint mobilization, rhythmic rocking, acupressure, energy balancing, yoga postures, and meditation. For massage therapists, this method is very beneficial thanks to yoga elements used during the massage. This retreat is recommended for yoga practitioners, massage therapists, other health-care professionals, couples and other interested individuals.

Come and get rejuvenated, energized,
and inspired!





Thai Yoga Bodywork

The Thai healing tradition has ancient roots in yoga, Ayurveda, and Buddhism. Its repertoire combines therapeutic stretching, joint mobilization, deep tissue treatment, rhythmic rocking, acupressure, energy balancing, hatha yoga postures, and meditation. The Thai Yoga method combines ancient techniques from the East with modern biomechanics – emphasizing optimal wellness and harmony for both giver and receiver. Regardless of a person's flexibility, age, or yoga background – this transformational hands-on system can easily be modified to benefit the needs of any individual.

Jonas Westring | www.shantaya.org

Jonas, PT, E-RYT 500, is a licensed physiotherapist in his native Sweden and also in the United States. A multi-certified yoga teacher in styles including Anusara, Kripalu and Integrative Yoga Therapy - Jonas has immersed himself for more than 30 years in various healing arts from clinical physiotherapy to teaching training programs in the fields of yoga, therapeutics and bodywork. Jonas began studying classical yoga in 1981 and was active within Anusara Yoga 1999-2012. He has experience in many other yoga styles including Iyengar Yoga and Ashtanga Vinyasa. Jonas directs Shantaya Yoga & Bodywork School and is based in Chiang Mai, Thailand. He travels most of the time and teaches worldwide sharing the essence of yoga, biomechanics, and therapeutics with precision, clarity and joy.



Gunilla Blom | www.blommanskok.se

Gunilla has a great passion for food and cooking. With her open heart, quality focus and attentiveness, she conveys – both in theory and practice – how we can increase our well-being in our everyday life, with healthy and tasty food. Gunilla has over 30 years of experience within alternative cooking, food cultivation and food inspiration trips. She continuously develops her skills and gets her inspiration from many fields, such as Ayurveda, Detox and Raw food. Gunilla is a true food lover and inspirational personality, who adds another dimension to all retreats with her delicious and nutritious food!



Practical information

Registration

Bookings are made by e-mail to shantiland.se@gmail.com and by paying the workshop fee to Plusgiro 606740-9 (international money transfer details available upon request). Please include your name, phone number and address in your e-mail and do not forget to state your name and course dates when paying. We welcome all level of practitioners.



Included in retreat fee

Apart from the workshop sessions (in fully equipped studio with massage mats and props), all meals, accommodation and cleaning are included. The vegetarian food will be prepared by the acclaimed chef Gunilla Blom. Please inform us as soon as possible about any accommodation preferences or allergies.



Not included in retreat fee

- Towel and bed sheets (available for SEK 100/set)
- Transportation to/from Shantiland. However, there is both a bus and train to Hudiksvall. We can arrange transport to/from Shantiland to Hudiksvall at a cost of SEK 100 one-way. We can also help you to get in touch with each other for "carpooling".

Cancellation

If cancelling two weeks or more prior to the course start date, the full workshop fee apart from an administrative fee of SEK 300 is paid back. For cancellations made later, half of the workshop fee is paid back.

Accommodation options

Guests are accommodated in our spacious dormitory. However, we offer the following additional prices per night for our double rooms and cabins:

Per person staying alone:	SEK 300 (double room)
Per person if two or three share:	SEK 100 (double room/triple room)
Per person staying alone:	SEK 200 (cabin)
Per person if two share:	SEK 50 (cabin)



About Shantiland



Shantiland | www.shantiland.se

Shantiland is a retreat center in Hälsingland, Sweden, approximately 350 km north of Stockholm. Shanti means “peace” and our goal is to create an oasis for people around the world to meet, relax, get rejuvenated, energized, and grow. We offer yoga retreats and various courses within the fields of personal development, well-being and health. Shantiland is an environmentally friendly and non-smoking center promoting sustainability and offering organic meals, and proximity to beautiful nature. We organize both own retreats and co-host retreats with a network of Shantiland supporters, who collaborate with us to create an unforgettable experience for Swedish and international guests alike. We support the local community and donate five percent of our revenues to charity.

View from Shantiland over beautiful lake Dellen



Massages by Maria Halén | www.yoga121.se

Shantiland is proud to present Marie Halén – certified yoga massage therapist and internationally certified meditation and Kundalini yoga teacher. Maria is part of Team Shantiland and will offer amazing treatments at attractive rates to our Shantiland visitors.



Hälsingland

For more information about sights and activities in beautiful and legendary Hälsingland, Sweden, see www.halsingland.se.