



YOGA FUSION RETREAT

at Shantiland, Sweden, with
Ulrica Norberg & Jonas Westring
July 14-19, 2013

Welcome to participate in a unique yoga retreat with the experienced yoga teachers Ulrica Norberg and Jonas Westring, at the beautiful retreat center Shantiland in Hälsingland, Sweden. Together, they will guide you through five relaxing and rejuvenating days filled with yoga, meditation and pranayama. Come and enjoy an energizing fusion of Anusara, ISHTA, Vinyasa, and Hatha yoga styles combined with bio-energy aspects, Thai Yoga Bodywork and complemented with the essentials of bio-mechanics and Ayurveda.

Every morning, we start with meditation followed by a tasty and healthy breakfast. Each day, you will enjoy two yoga sessions, delicious and nutritious lunches in a splendid setting. Our evening activities include dinner together and everything ranging from meditation, Satsang, film and dance to massage, sauna and bathing in beautiful lake Dellen.

Start & welcome: Sunday, July 14 at 17.00
Concluding lunch: Friday, July 19 at 12.00

Together, Ulrica and Jonas (both E-RYT 500), have over 50 years of experience of yoga and teaching all over the world. Jonas has extensive experience from many different yoga styles, is a licensed physiotherapist, and offers teacher trainings in yoga, therapeutics and bodywork. Ulrica is a certified ISHTA yoga teacher, journalist, has a film degree and is also a popular and inspiring lecturer.

Retreat fee (all inclusive course, accommodation and delicious food prepared by renowned chef Gunilla Blom): only 4,900 SEK (appr. EUR 580/USD 760).

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

**) Prices include VAT. Fee for both Yoga Fusion & Thai Yoga Bodywork weekend July 19-21 (see separate flyer for more information): 6,500 kr (appr. EUR780/USD*

Daily themes

Sun: Grounding
Mon: Structure
Tue: Mind
Wed: Energy
Thu: Polarities
Fri: Empowerment



**Book before May 15
and receive 10% off!**

Welcome!





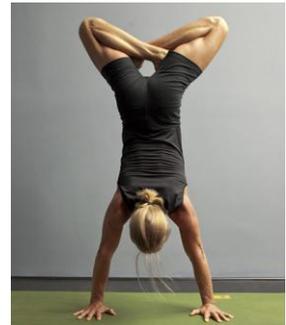
Ulrica Norberg | www.ulricanorberg.se

Ulrica, E-RYT 500, certified yoga teacher and therapist, is one of Sweden's pioneers within the field of yoga. She has written a number of yoga books and articles in Sweden and abroad and has Master of Science in Liberal arts. Ulrica has trained over 400 yoga teachers in Scandinavia and enthusiastically shares her knowledge through her books and lectures about yoga, health, personal development and communication. Today, Ulrica, gives classes and courses in Stockholm and holds workshops and trainings all over Europe. In parallel, she works as a journalist and dramatist. With her 20 years of yoga and meditation experience, she is known for her knowledge, inspirational teaching and warm attitude.



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 over 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!



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 own retreats and co-host retreats with a network of Shantiland friends, 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



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 yoga studio with mats and props), all meals and 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 option 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)



Massage treatments 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.

*Welcome to a retreat experience in the spirit of yoga and summer bliss!
We look forward to meeting you! / Team Shantiland*