



# YOGA THERAPEUTICS RETREAT

with Jonas Westring  
July 20-23, 2017

Book before May 1  
and get 10% off!\*

Welcome!

Come and join a **three day** educational retreat that dives into **Yoga Therapeutics: Functional Anatomy, Yoga Postures, Hands-on Techniques, Meditation, Pranayama, Music** and more. Shantiland Retreat Center treats **all your senses!** Enjoy healthy gourmet **vegetarian food** in combination with a **magical environment** that both energizes and rejuvenates you – and the fabulous panoramic **Shantiland Spa**.

**WHEN:** Start & welcome, Thursday, July 20 at 17.00. Concluding lunch, Sunday, July 23 at 12.00.

**WHERE:** Shantiland, Sweden, Fönebo 350, 820 62 Bjuråker (2h 40 min from Stockholm by train).

**WHO:** For those wanting to deepen the understanding of the body and yoga's therapeutic benefits: Yoga teachers and yoga practitioners, physiotherapists, body-workers etc. All levels are welcome!

**JONAS WESTRING:** Licensed physiotherapist (E-RYT 500, Anusara Certified,). Jonas is one of Sweden's most experienced yoga teachers with his over 35 years of yoga, bodywork, teaching and teacher trainings all over the world. For more information about Jonas, visit [www.shantaya.org](http://www.shantaya.org).

**RETREAT FEE:** including VAT, course, accommodation and delicious vegetarian and organic food, only SEK 3,900 (appr USD 430/EUR 410). Book both this course and the Anusara Yoga retreat July 14-19 (see separate flyer for more info) and get a SEK 1,000 discount, i.e. SEK 8,800 (appr USD 970/EUR 920) for both courses. In addition, you get a complementary extra day with full pension between the retreats (tot. 9 days)\*.

**A Warm Welcome! / Jonas & Team Shantiland**

For booking and more information: [www.shantiland.se](http://www.shantiland.se).  
For questions, contact us on: [info@shantiland.se](mailto:info@shantiland.se)  
or call +46 (0)703 18 99 59.

\*) This offer cannot be combined with other discount offers.



# The yoga and inspirational team



## Anusara Yoga | [www.anusarayoga.com](http://www.anusarayoga.com)

Anusara Yoga® is a profound and therapeutic Hatha Yoga system that blends the ancient art of yoga with the science of biomechanics. Anusara features Universal Principles of Alignment™, a Tantric philosophy and a celebration of the full potential of life and individuals as a whole, and offers guidance in how to bring yoga beyond the mat into your everyday life.



## Yoga Therapeutics

Using Yoga as Therapy is a holistic approach to address common problems that arise in yoga and everyday living. This retreat will offer a mix of education and direct experience with a focus on Functional Anatomy applied to Yoga, Anusara Yoga Biomechanics, Hands-on Techniques and more. You will leave informed, inspired and better equipped to deal with imbalances in the body that gives much pain and suffering to so many people.

## Jonas Westring | [www.shantaya.org](http://www.shantaya.org)

Jonas, PT, E-RYT 500, is a licensed physiotherapist in his native Sweden and in the United States. A multi-certified yoga teacher in styles including Anusara, Integrative Yoga Therapy, and Kripalu Yoga – he also has experience in Iyengar Yoga, Ashtanga Vinyasa and more. Jonas began studying classical yoga at the Scandinavian Yoga School in 1981, found Anusara in 1999 and has for the past 35 years immersed himself in the healing arts ranging from clinical physiotherapy to training thousands in the fields of yoga, therapeutics and bodywork. He is also specialized in Thai Bodywork that he has been practicing and teaching for the past 20 years. Directing Shantaya Yoga & Bodywork School from his home in Chiang Mai, Thailand, he also maintains a busy worldwide teaching schedule – sharing the essence of yoga, biomechanics, and therapeutics with precision, clarity and joy.



## Gunilla Blom | [www.blommanskok.se](http://www.blommanskok.se)

Gunilla has a great passion for food and cooking. She conveys – both in theory and practice – how healthy and tasty food can increase the well-being in our everyday life. Gunilla has over 30 years of experience of alternative cooking, food cultivation and inspirational culinary trips. She continuously develops her skills and draws inspiration from, e.g. Ayurveda, Detox and Raw food. Gunilla adds another dimension to this unique retreat with her warm personality and delicious, creative and nutritious food!

# Practical information

## Registration

Bookings are made at [www.shantiland.se/booking-form](http://www.shantiland.se/booking-form) and by paying the workshop fee to PlusGiro 606740-9 (international money transfer details available upon request). In the Comments section of the booking form, please indicate any food allergies as well as any additional requests, e.g., accommodation upgrade (see below).



## Included in retreat fee

The retreat fee includes workshop sessions (in fully equipped yoga studio with mats and props), all organic and vegetarian meals (prepared by Gunilla Blom), accommodation (in Residence Hall as standard), spa sessions, access to recreational equipment, e.g., bicycles and kayaks/SUPs. Cleaning fee is also included.



## Not included in retreat fee

Towel and bed linen (available for SEK 100/set).

Transportation to/from Shantiland. However, we facilitate “carpooling” between course participants. For those arriving by train to Hudiksvall we can also provide transfer – SEK 300 (one-way) or SEK 500 (return) per person.

Individual massage and any other treatments.

## Schedule

Every morning starts with meditation practice followed by a tasty and healthy breakfast. Each full day, you will also enjoy two yoga sessions, delicious and nutritious lunch and an energizing break in a splendid setting. Our evening program includes dinner together and activities ranging from Satsang and dance to a relaxing and revitalizing spa experience, and bathing in beautiful lake Dellen.

## Cancellation

If cancelling four weeks or more prior to the course start date, the full retreat fee apart from an admin fee of SEK 500 is paid back. For later cancellations half of the retreat fee is paid back.

## Accommodation options

Guests are normally accommodated in our spacious Residence Hall. However, we offer the following additional fees per person and night for double/triple rooms and cabins (subject to availability):

- Double room SEK 300 (p.p. staying alone)
- Double/triple room SEK 150 (p.p. if two or three share)
- Cabin SEK 200 (p.p. staying alone)
- Cabin SEK 100 (p.p. if two share)



# About Shantiland



## Shantiland | [www.shantiland.se](http://www.shantiland.se)

Shantiland is a retreat center in Hälsingland, Sweden, approximately 350 km north of Stockholm. The center is located by magnificent lake Dellen and is surrounded by splendid nature with rich wildlife. Shanti means “peace” and our goal is to create a tranquil oasis for people from around the world to meet, relax, get rejuvenated and inspired. We offer yoga retreats and various courses within the fields of personal development, well-being and health. Shantiland is an environmentally friendly center promoting sustainability and organic food. 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 also donate a percentage of our revenues to charity.



*Den vackra utsikten från Shantiland över sjön Dellen*

## Shantiland spa

Shantiland has its own spa facility – “Villa OMtanke”. Here you can enjoy the health benefits from various spa treatments, while enjoying the stunning views of lake Dellen. Enjoy wood-fired, infra or steam saunas, as well as color therapy and various baths. Massage is available upon request.

## Hälsingland

For more information about sights and activities in beautiful and mythical Hälsingland, Sweden, see [www.halsingland.se](http://www.halsingland.se).

**Welcome to Shantiland!**

