



# **ANUSARA YOGA RETREAT with**

## **Jonas Westring & Kim Nguyen**

### **July 23-28, 2019**

## AnusaraYoga & Ayurveda Basics

Come and join us for an unforgettable five-day Anusara Yoga & Ayurveda Basics retreat – grounded in Universal Principles of Alignment in conjunction with fundamental Principles of Ayurveda . Enhance your yoga practice and gain awareness of and access to your body, mind and spirit through the lens of basic Ayurveda. You will also be treated with meditation, pranayama, music and more. Shantiland awaits you with warm atmosphere, tasty and healthy Ayurveda influenced food as well as a magical environment that promises to both energize and relax you – not least in the Shantiland Spa.

Start & welcome: Tuesday, July 23 rd 17.00  
Concluding lunch: Sunday, July 28 th 12.00

Jonas Westring (E-RYT 500, Anusara Certified, Licensed Physiotherapist) is one of Sweden's most experienced yoga teachers. With over 38 years of yoga, body work and teaching all over the world, he will guide you, all levels alike, in a safe and inspirational way. For more info about Jonas, see [www.shantaya.org](http://www.shantaya.org).

Retreat fee (including VAT, course, accommodation and delicious vegetarian and organic food): only SEK 6450. Early bird discount SEK 500 until April 30.

Welcome to an unforgettable experience! / Jonas, Kim & Team  
Shantiland



Theme:  
Anusara Yoga  
&  
Ayurveda Basics

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)70 75 55 44



# Anusara Yoga and Team Shantiland

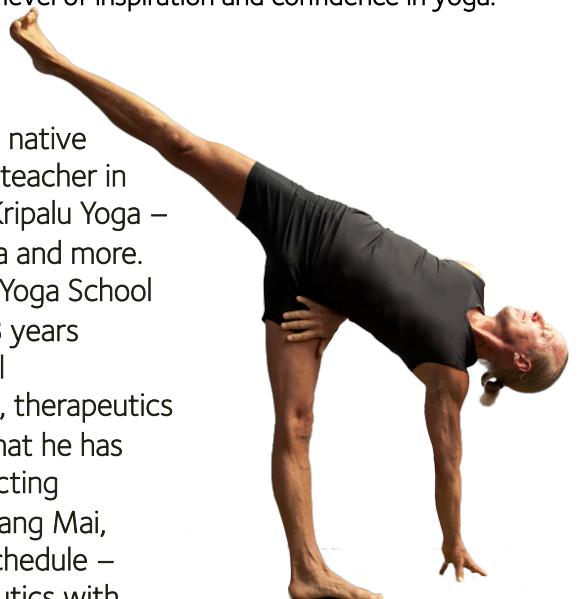
Anusara Yoga | [www.anusarayoga.com](http://www.anusarayoga.com)



Anusara Yoga® is a profound, therapeutic and elegant 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 as a whole. Welcoming students of all levels, it emphasizes alignment not only of the body, but offers guidance in how to bring yoga beyond the mat. Through Anusara's life affirming approach, effective biomechanical alignment principles, and dedication to community – students enjoy a new level of inspiration and confidence in yoga.

**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 38 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.



**Kim Nguyen**

Kim Nguyen is a Vietnamese yogini, Anusara-Inspired, E-RYT-500 with 10+ years experience in yogic practices and healthy living. Founder of Shri Yoga studios in Saigon, she brings caring, enthusiasm and expertise to her teaching.



**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). We welcome all level of practitioners.



## 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.

## Daily 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.

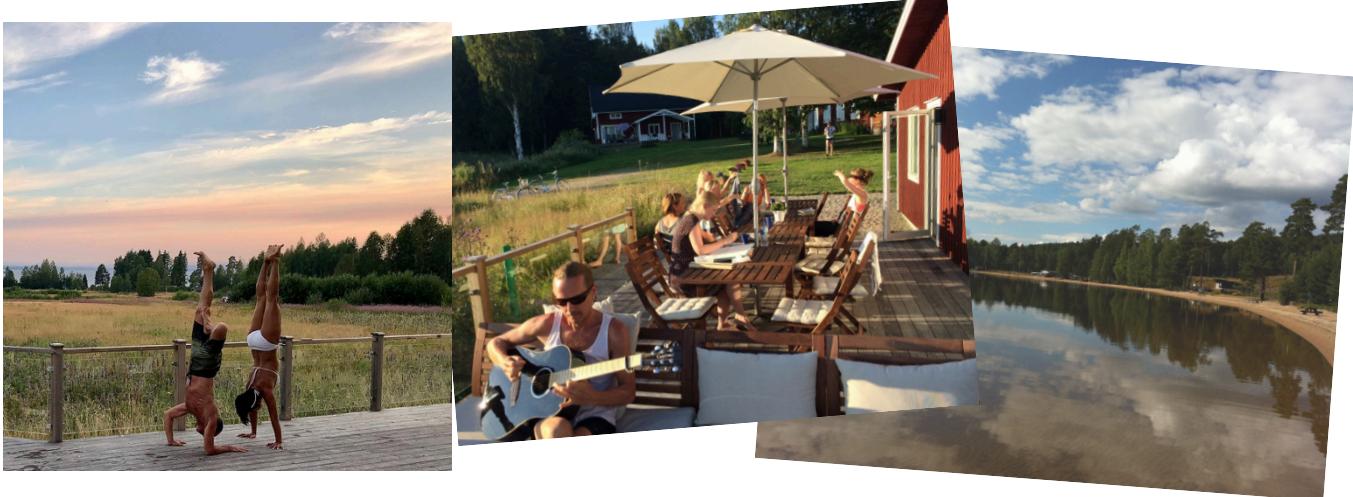
## Accommodation options

Guests are accommodated in our spacious Residence Hall as a standard. 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)          |



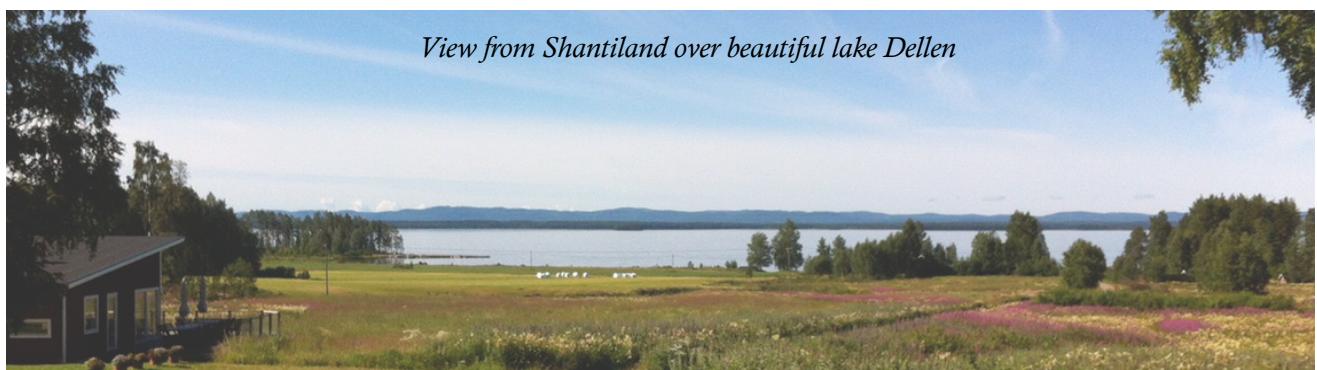
# About Shantiland



## 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.

*View from Shantiland over beautiful lake 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!**