



# THAI YOGA BODYWORK

## Weekend retreat with Jonas Westring, July 25-27 2014

Welcome to the appreciated 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.

**Start & welcome:** Friday, July 25 at 18.00  
**Finish:** Sunday, July 27 at 16.00

Jonas has over 30 years of experience of massage, yoga and teaching and conducts teacher trainings and courses all over the world (for more information, see [www.shantaya.org](http://www.shantaya.org)).

Retreat fee (including VAT, course, course material, two nights accommodation and delicious vegetarian food prepared by acclaimed chef Gunilla Blom): only SEK 2,500 (appr. EUR280/USD390). Book both Thai Yoga Bodywork weekend and the Yoga Fusion retreat, July 20-25 (see separate flyer for more information) and get a SEK 1,000 discount, i.e. SEK 7,400 (appr. EUR 830/USD 1130) for both retreats\*. Also, this weekend workshop serves as an introduction to the Thai Yoga Certification program.

**For booking & more information, please register via [www.shantiland.se](http://www.shantiland.se). For questions, contact Jenny Westring on [info@shantiland.se](mailto:info@shantiland.se) 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!**



\* ) This offer cannot be combined with the early bird discount of 10% before May 15.

# The inspirational team



## 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](http://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](http://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 has an inspirational personality and adds another dimension to all our retreats with her delicious and nutritious food!



# Practical information

## Registration

Bookings are made via [www.shantiland.se](http://www.shantiland.se) or via [info@shantiland.se](mailto:info@shantiland.se) 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, SPA evenings and final 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, we are happy to help you to get in touch with each other for “carpooling”. We can also assist those of you coming by train to Hudiksvall with transportation. Additional fees may apply.

## Daily schedule

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

## Cancellation

If cancelling two weeks or more prior to the course start date, the full workshop fee apart from an admin. 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 Residential 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. 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 our 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 a percentage of our revenues to charity.

*View from Shantiland over beautiful lake Dellen*



## Shantiland spa

Shantiland is proud to present its new spa facility – “Villa Omtanke”. Here, you can relax and enjoy the health benefits from various spa treatments, e.g. sauna, massage, baths (warm, cold and steam), as well as color therapy, while enjoying the stunning view of lake Dellen.

## Hälsingland

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

**We welcome you to an unforgettable weekend! / Team Shantiland**

