

Summer Yoga Retreat

with Jonas Westring July 25-30



This is our 13th year of Yoga Retreat at fabulous Shantiland! With a special focus on Yoga for the Whole Being: Panchamaya Kosha Model The Yoga tradition describes us as multi-dimensional beings made of several different interactive levels. The Kosha model guides us to understand and experience ourselves more completely, through the lens of yoga philosophy.

You will be treated with asana, meditation, pranayama, music and more + tasty and healthy gourmet vegetarian food. Shantiland awaits you with warm atmosphere in a pristine environment that promises to both energize and relax – not least in the Shantiland Spa.

Start & welcome: July 25 at 4 pm

Concluding lunch: July 30 at 1 pm

Jonas Westring, Yoga Therapist and Licensed Physiotherapist brings 40 years experience in the mind-body field to his teaching. More info via www.shantaya.org

Retreat fee (including VAT, course, accommodation and delicious vegetarian and organic food): only SEK 7250. Early Bird-offer until March 31 SEK 6750.

Welcome to an unforgettable experience!

Jonas & Team Shantiland

THEME 2023

Yoga for the Whole Being: Panchamaya Kosha Model

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For bookings and questions,
email:

info@shantiland.se



Yoga & Shantiland

JONAS WESTRING | www.shantaya.org

Jonas is one of Sweden's most experienced yoga teachers with over 40 years of yoga, bodywork and therapeutics. With decades of worldwide teachings, he skillfully guides all bodies and practitioners of all levels in an inspirational and safe way. Directing Shantaya Yoga & Bodywork School from his home in Chiang Mai, Thailand, he maintains a busy worldwide teaching schedule - sharing the essence of yoga, bio-mechanics, and therapeutics with precision, clarity and joy. See Jonas's website for more info: <https://shantaya.org>



SHANTILAND | www.shantiland.se

Shantiland is a retreat center in Hälsingland, Sweden, approximately 300 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. 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. For more information about sights and activities in beautiful and mythical Hälsingland, Sweden, see www.halsingland.se.



Shantiland's Food Philosophy

Food is a cornerstone of the Shantiland experience. Our goal is to serve you meals that are tasty, healthy and vegetarian, and from organic local produce whenever possible.

We invite you to eat with all your senses to fully enjoy all flavours, textures, aromas, colors and shapes. We hope the food will create the best possible conditions for you to enjoy your stay at Shantiland, and also build a long-lasting foundation for a healthy, enjoyable and Fulfilling lifestyle when you return home.

Practical Information

Included in retreat fee

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



Extra treatments and services

Towel and bed linen SEK 200/set.
Transportation to/from Shantiland.
However, we facilitate “carpooling” between course participants. For those arriving by dedicated train to Hudiksvall we can also provide transfer.
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.



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 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)

Bookings are made via info@shantiland.se and by paying the workshop fee to PlusGiro 606740-9 (international money transfer details available upon request).

We welcome all level of practitioners.

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.