



Yoga Healing Retreat, July 23-28

POSTURES, BREATH & BEYOND

Join us for this year's yoga retreat at Shantiland with Jonas Westring. You will be given the opportunity to reset, recharge and connect to what is essential for yogic well-being. We will explore Therapeutic Alignment Techniques for the body and both discuss and investigate effective Breathing for optimal Health. Beyond all the 'learning and doing' we will emphasize the importance of the Inner Experience, relaxing into our Essence Nature.

Jonas Westring

www.shantaya.org

Led by Jonas Westring, professional yoga therapist and licensed physiotherapist with +40 years of experience in mind-body wellness.

- Start: 4 pm (Tue, July 23)
- End: Lunch 12.30 pm (Sun, July 28)
- Prices from: 7 450 SEK
- Booking form via this [link](#)

A WARM WELCOME



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www.shantiland.se



SHANTILAND 2024

