



Dear yoga lovers,

We in the Shantiland team, wish to warmly welcome to Shantiland for the retreat with Jonas Westring on July 22-27. This welcome letter contains information that will facilitate your retreat preparation and Shantiland stay.

### **Packing**

- We recommend that you pack yoga clothes and other clothes and shoes according to the weather forecast, see [smhi.se](http://smhi.se) or [yr.no](http://yr.no). Also, sunscreen and mosquito repellent can be useful as and when needed
- Sheets and towel (we do have extra sets if someone needs for an extra fee of SEK 250/set)
- Hygiene items (we have a limited selection for sale if someone needs something)
- Even if we have warm and comfortable indoor climate, it can be good to bring socks and/or slippers
- Swimwear for spa (optional). We also use a towel to sit on in the sauna
- Yoga mat or meditation cushion (for those who want to bring their own - otherwise there are mats to borrow)

### **Transfers**

For those of you arriving by train and have pre-registered for transfer, we will pick you up at the Hudiksvall train station. Transfer fee is SEK 275 per person and trip (i.e. SEK 550 for a return trip). Pick-up takes place at Hudiksvall train station. Call 0703-189959 upon arrival if you do not find our car/bus directly. Transportation at other times than confirmed incurs an extra cost. We encourage carpooling. Contact us if interested. Let us know if there will be any changes regarding your transport. Thanks in advance.

### **Check-in and accommodation**

When you arrive at Shantiland, we will welcome you and show you to your accommodation. See also the attached map in this document. Those of you who live in the Shantiland cabins will use the shower and toilet in our spa "Villa Omtanke" and our other guests can use the shower and toilet facilities in the main building as a general rule.

### **Parking**

If you come by car, you are welcome to drive up to Shantiland to unpack and check-in. Then, we are grateful if you park in the parking area halfway up to Shantiland from the lake.

### **Food & karma yoga**

Our chefs are very much looking forward to taking you on a food journey for all your senses. It is, however, very important that you have informed us about allergies and other special diets or if there is anything else we need to know about your health condition. If you have any additional information to us, apart from what you noted in the digital booking form, please let us know as soon as possible. We also have a karma yoga system, where we appreciate your help a few times during the retreat in the dining room and kitchen along with some other lighter household duties. Thank you in advance for your kind contribution to the retreat experience.

### **Treatments & massage**

We have a limited number of 55 min massage spots available for 850 SEK, so please register your interest by sending us an email (if you have not registered this via the Google form). First come, first serve, but we try to accommodate all.

### **Additional information about Shantiland**

You will find more information about Shantiland via our homepage. You can also look at the following [Shantiland video](#) for a glimpse of the retreat experience at Shantiland. If you have any questions, you are welcome to contact us via [info@shantiland.se](mailto:info@shantiland.se) or 0703-18 99 59.



We really look forward to welcoming you soon and to creating and sharing an unforgettable retreat experience together with you all.

Om Shanti & Welcome <3 / Team Shantiland

# 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 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.

*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.

## Hälsingland

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

Välkommen till Shantiland!



# Shantiland map



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