



# Shantiland

RETREATS - PERSONAL DEVELOPMENT - EVENTS

Dear yoga lovers,

We, in the Shantiland team, welcome you to our retreat with Jonas Westring July 21-26, 2026. This letter contains information that will facilitate your retreat stay.

## Packing

- We recommend that you pack yoga clothes, other clothes, and shoes according to the weather forecast - see [smhi.se](http://smhi.se) or [yr.no](http://yr.no) along with sunscreen and mosquito repellent.
- Sheets and towel (we can accommodate for a fee of SEK 300/set, if you forget).
- Hygiene items (we have a limited selection for sale if needed).
- Socks and/or slippers for indoor use.
- Swimwear for spa & lake. 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 300 per person (SEK 550 for round-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 and let us know if there will be any changes regarding your transport. Thanks in advance.

## Check-in and accommodation

Upon arrival at Shantiland, we will welcome you and show you to your accommodation (see map). 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 arriving by car, you are welcome to drive up to Shantiland to unpack and check-in. Then, we kindly ask you to park in the lot halfway up to Shantiland from the lake.

### **Food & Karma Yoga**

Our chefs look forward to taking you on a culinary journey for all the senses. Please ensure you have informed us of any allergies or dietary restrictions beyond what you noted in your booking form — the sooner the better. We run a karma yoga system, where we kindly ask for your help a few times during the retreat with light duties in the kitchen, dining room, and around the house. Thank you in advance for your contribution.

### **Treatments & Massage**

We have a limited number of 55 min massage spots available for 1000 SEK and 30 min massages for 600 SEK. 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.

### **Cancellation / Refund Policy**

Cancellations made 4–2 weeks before the course start date are eligible for a 50% refund of the remaining balance. Cancellations made less than 2 weeks prior are non-refundable. In the case of illness, a full refund can be issued with a valid doctor's note. Please note that an administration fee applies to all cancellations. Thank you for your understanding.

### **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 our retreat experience. 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 look forward to creating and sharing an unforgettable retreat experience together.

**Om Shanti & Welcome**



***Team Shantiland***

shantiland.se

Fönebo 350, 824 78 Bjuråker

info@shantiland.se

BG: 772 - 3893

0703189959

## About Shantiland



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, rejuvenate and get 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 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.



## 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).

## Shantiland Map

