



# Energy Flow

YOGA RETREAT

SEPTEMBER  
26-28

## ÖSTERLEN, SWEDEN

2 Days/2 Nights at Rosenlund gård

**In this transformational weekend retreat we will use yoga as a tool for becoming more conscious of the subtle energies in and around us.**

You will learn how to balance your own energy in harmony with your natural environment and the natural cycles of life.

We will practice on building, releasing, changing, giving and receiving energy so that you can feel energetically empowered in your everyday life.

*Join us!*



Alison  
Dunmar



Caroline  
Yazı





## UNDERSTAND ENERGY UNDERSTAND LIFE

### *Yoga Sessions*

Daily taoist and yin yoga practices will bring you deep understanding of how energy moves and flows through your physical, mental and emotional bodies.

### *Nature Immersion*

Access deep wisdom about life force energy through direct experience and connection with your natural intelligence in a supportive and healing environment.

### *Vegetarian Food*

Enjoy freshly made vegetarian food bursting with flavor and nutrients, inspiring you to engage with food and food production in a conscious and sustainable way.







## *What's included?*

- Morning & evening yoga
- Workshops & sharing circles
- Nature walks & immersions
- Breakfast, lunch, dinner & snacks
- Shared bedroom & social areas
- Outdoor pool & zen garden

**6200 SEK/PERSON\***

*\*Contact us for room and payment options.*

