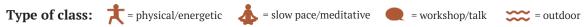
VARBERG WINTER RETREAT – FRIDAY, FEBRUARY 9

FRIDAY	YOGA HALL 1	YOGA HALL 2	YOGA HALL 3	FORTRESS/SEASIDE
09.00-10.30	Adam Husler "Heavenly Hips and tight bits"			Lex Reilly Cold water immersion and breathwork
11.00-12.30	Holly Husler Soundhealing 60–75 min	Jonna Segergren Asia Spa teacher Chakra Yoga		
13.30-15.00	Camille Vidal Yin yoga "Return to yourself"	Ottilia Bergström Asia Spa teacher Mindful Vinyasa	Lex Reilly Workshop "Nature connection"	
16.00-17.30	Michael J Wong "Vinyasa – 5 Warriors"	Sara Ticha "Anahata – Forever whole" Heart opening workshop	Patrick Sjögren Asia Spa teacher Kundalini	
18.30-20.30	Dinner and opening ceremony			Snacks and coffe/tea is served in the lounge outside Spegelsalen. The lounge is also the centre and meeting place of Varberg Winter Retreat.

VARBERG WINTER RETREAT – SATURDAY, FEBRUARY 10

SATURDAY	YOGA HALL 1	YOGA HALL 2	YOGA HALL 3	FORTRESS/SEASIDE
08.30-10.00	Michael J Wong "Ladder flow"	Camille Vidal Yin "Wake up slow" + Holly Soundhealing		Lex Reilly Cold water immersion and breathwork
10.30-12.00	Sara Ticha Philosophy talk	Adam Husler "Bigger balanced backbends"	Jonna Segergren Asia Spa teacher Chigong/Gong	
13.00-14.30	Holly Husler Soundhealing 60-75 min	Michael J Wong "Hips & pigeons"	Ann-Charlotte Johansson Asia Spa teacher Liberating dance	
				MIDDELGRUND
15.00-16.30	Sara Ticha Playful inversion	Holly Husler Workshop "Healing harmonies"		Malin Mendel Lecture
17.00-18.30	Adam Husler Mobility masterclass	Camille Vidal Yin "Deep sleep"	Patricia Appelgren Asia Spa teacher Shakti Yoga	
19.00-20.30	Dinner			Snacks and coffe/tea is served in the lounge outside Spegelsalen. The lounge is also the centre and meeting place of Varberg Winter Retreat.





VARBERG WINTER RETREAT – SUNDAY, FEBRUARY 11

SUNDAY	YOGA HALL 1	YOGA HALL 2	YOGA HALL 3	FORTRESS/SEASIDE
08.30-10.00	Camille Vidal Yin –"A journey inward"	Adam Husler "Happy Feet Balanced Roots"		
10.30-12.00	Sara Ticha Hip opening workshop "Movement unravelled"	Holly Husler Workshop "Manifesting Magic"	Ottilia Bergström Asia Spa teacher Slow Flow T &	Lex Reilly Cold water immersion and breathwork
13.00–14.30	Michael J Wong "Deep rest"	Lex Reilly Workshop "Nature connection"	Leora Johansson Asia Spa teacher Mandala Flow	
14.45-15.45	Kirtan class + Closing ceremony 60 min			
				Snacks and coffe/tea is served in the lounge outside Spegelsalen. The lounge is also the centre and meeting place of Varberg Winter Retreat.

