

































VARBERG WINTER RETREAT – FRIDAY, FEBRUARY 9

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

Type of class:  = physical/energetic  = slow pace/meditative  = workshop/talk  = outdoor

We reserve the right to make changes.










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.

Type of class:  = physical/energetic  = slow pace/meditative  = workshop/talk  = outdoor

We reserve the right to make changes.

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 	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.

Type of class:  = physical/energetic  = slow pace/meditative  = workshop/talk  = outdoor

We reserve the right to make changes.