



























VARBERG WINTER RETREAT – FRIDAY, FEBRUARY 9

FRIDAY	SPEGELSALEN	APELVIKEN	SÖDRA NÄS	
09.00–10.30	Michael J Wong "Hips Awakening" Vinyasa 			
11.00–12.30	Holly Husler Soundhealing 60–75 min 	Jonna Segergren Asia Spa teacher Chakra Yoga  		
13.30–15.00	Camille Vidal "Return to yourself" Yin Yoga 	Ottilia Bergström Asia Spa teacher Mindful Vinyasa 		Lex Reilly Nature connection workshop Room: KÄRRA 
16.00–17.30	Michael J Wong "5 Warriors" 	Patrick Sjögren Asia Spa teacher Kundalini  	Sara Ticha "Anahata – Forever whole" Heart opening workshop 	
18.30–20.30	Opening ceremony in Spegelsalen followed by dinner in our restaurant			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 – SATURDAY, FEBRUARY 10

SATURDAY	SPEGELSALEN	APELVIKEN	SÖDRA NÄS	
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	Adam Husler "Bigger balanced backbends" 	Jonna Segergren Asia Spa teacher Chigong/Gong 	Sara Ticha Philosophy talk 	
13.00–14.30	Michael J Wong "Hips & pigeons" 	Ann-Charlotte Johansson Asia Spa teacher Liberating dance 	Holly Husler Soundhealing 60-75 min 	
				MIDDELGRUND
15.00–16.30	Sara Ticha Playful inversion 	Holly Husler Workshop "Healing harmonies" 		Malin Mendel Lecture 
17.00–18.30	Camille Vidal Yin "Deep sleep" 	Adam Husler Mobility masterclass 	Patricia Appelgren Asia Spa teacher Shakti Yoga 	
19.00–20.30	Dinner in Spegelsalen			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	SPEGELSALEN	APELVIKEN	SÖDRA NÄS	
08.30–10.00	Adam Husler "Happy Feet Balanced Roots" 	Camille Vidal Yin – "A journey inward" 	Ottilia Bergström Asia Spa teacher Slow Flow  	
10.30–12.00	Sara Ticha Hip opening workshop "Movement unravelled" 	Holly Husler Workshop "Manifesting Magic" 		Lex Reilly Cold water immersion and breathwork 
13.00–14.30	Michael J Wong "Deep rest" 	Asia Spa teacher 		Lex Reilly Nature connection workshop Room: KÄRRA 
14.45–15.45	Kirtan class + Closing 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.

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

We reserve the right to make changes.