

FRIDAY FEB 7	SPEGELSALEN	APELVIKEN	WARDBERG	OTHER
12 p.m.				Lunch 11.30 a.m. – 2 p.m. Main Restaurant
12.30 p.m.				
1 p.m.				
1.30 p.m.				
2 p.m.	Marlen Arnudd Grounding Yin Yoga – 60 min	Jamie Clememts Conscious Connected Breathwork – 60 min	Hannah Barrett Crow Flow – 60 min	
2.30 p.m.				
3 p.m.				Snacks in the lounge outside Spegelsalen
3.30 p.m.		Michelle Baker Shedding & Becoming Breathwork – 90 min	Leora Johansson Moon Flow – 75 min	
4 p.m.	Michael James Wong Agni Awakening Vinyasa Yoga – 60 min			
4.30 p.m.				
5 p.m.	Opening Ceremony			
5.30 p.m.				
6 p.m.				Opening Dinner Japanese buffet Meeting point: Lounge "Stenhuset"
6.30 p.m.				
7 p.m.				
7.30 p.m.				
8 p.m.				Class Slow Pace
8.30 p.m.	Camille Vidal Restful Nights Yin Yoga & Sound Healing – 60 min			Class Physical Energetic
9 p.m.				Talk/Workshop
				Outdoor
				Ceremony

SATURDAY FEB 8	SPEGELSALEN	APELVIKEN	WARDBERG	OTHER
8.30 a.m.	Hannah Barrett Yoga Happy Flow – 75 min	Patrick Sjögren Fire & Water – 90 min		
9 a.m.				
9.30 a.m.				Snacks in the lounge outside Spegelsalen
10 a.m.	Michael James Wong Ladder Flow Vinyasa – 75 min	Michelle Baker Asana & Breath – 90 min		Jamie Clements Cold Water – 90 min Meeting point: Lounge Varberg Fortress
10.30 a.m.				
11 a.m.				
11.30 a.m.				
12 p.m.				
12.30 p.m.				Lunch 12 – 2 p.m. Main Restaurant
1 p.m.	Patricia Appelgren Grounding back to your self Shakti Yoga – 75 min	Camille Vidal Found Your Way Back Yin Yoga – 60 min	Hannah Barrett Beautiful Backbends – 75 min	
1.30 p.m.				
2 p.m.				Snacks in the lounge outside Spegelsalen
2.30 p.m.				
3 p.m.	Michael James Wong Practice of the Gods Vinyasa Yoga – 75 min	Ann-Charlotte Johansson Soulcraft Dance – 90 min	Jamie Clements Consious Breathwork – 60 min	
3.30 p.m.				
4 p.m.				
4.30 p.m.				
5 p.m.	Michelle Baker Deep Rest Yoga Nidra – 60 min			Camille Vidal Mindul Happy Hour Workshop –90 min "Stenhusset"
5.30 p.m.				
6 p.m.				

SUNDAY FEB 9	SPEGELSALEN	APELVIKEN	WARDBERG	OTHER
8 a.m.				
8.30 a.m.	Jonna Segergren Shaking & Vibrations – 60 min		Michelle Baker Feeling & Healing Breathwork – 90 min	Jamie Clements Cold Water – 90 min Meeting point: Lounge Varberg Fortress
9 a.m.				
9.30 a.m.				
10 a.m.		Hannah Barrett Juicy Hips – 60 min	Camille Vidal Start the Day Softly Yin Yoga – 60 min	
10.30 a.m.				
11 a.m.				
11.30 a.m.	Michael James Wong Deep Rest Release Restorative Yoga – 60 min			
12 p.m.				
12.30 p.m.	Closing Ceremony			Brunch 12 – 2.30 p.m. Main Restaurant
1 p.m.				
1.30 p.m.				
2 p.m.				
2.30 p.m.				
3 p.m.				
3.30 p.m.				

Class Slow Pace
Class Physical Energetic
Talk/Workshop
Outdoor
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 SCHEDULE FEB 7–9 2025. WE RESERVE THE RIGHT TO MAKE CHANGES.