

FRIDAY FEB 6	SPEGELSALEN	APELVIKEN	ENESKÄR	WARDBERG	OTHER INFO
11.30 (11.30 a.m.)	Lunch 11.30–13.00 Location: Main Restaurant				Q&A During the retreat there will be staff available to answer questions and give information in the lounge outside the venue SPEGELSALEN SNACKS There will be snacks and beverage served throughout the retreat in the lounge outside the venue SPEGELSALEN  SCAN QR-CODE FOR SCHEDULE Bookmark web page for easy access.  SCAN QR-CODE FOR CLASS DESCRIPTIONS Bookmark web page for easy access.
12.00 (12 p.m.)					
12.30 (12.30 p.m.)					
13.00 (1 p.m.)	Michelle Baker Breathwork Caretaking the Nervous System 13.00–14.30 90 min	Sky Weaving Qi Gong &Yoga 13.00–14.30 90 min		Elaine de Souza Vinyasa Yoga – Dynamic Flow 13.00–14.30 90 min	
13.30 (1.30 p.m.)					
14.00 (2 p.m.)					
14.30 (2.30 p.m.)					
15.00 (3 p.m.)	Adam Husler Kung Fu hips 15.00–16.30 90 min	Pernilla Johansson Sensing Yoga 15.00–16.30 90 min	Mona Anand & Helen Jansson The Pillars of ISHTA Yoga Combine Hatha Tantra and Ayurveda to Find Balance 15.00–18.30 120+60 min		
15.30 (3.30 p.m.)					
16.00 (4 p.m.)					
16.30 (4.30 p.m.)					
17.00 (5 p.m.)	Michael James Wong Maha Vinyasa/Vinyasa Yoga 17.00–18.30 90 min	Jonna Segergren Dance and movement. Body, mind, emotion 17.00–18.30 90 min		Jennie Landahl Discover strength upside down. Learn headstand step by step. 17.00–18.30 90 min	
17.30 (5.30 p.m.)					
18.00 (6 p.m.)					
18.30 (6.30 p.m.)	Opening Ceremony in Spegelsalen 18.35–19.30				
19.00 (7 p.m.)					
19.30 (7.30 p.m.)	Japanese Dinner Buffé From 19.30				
20.00 (8 p.m.)					
20.30 (8.30 p.m.)					
VARBERG WINTER RETREAT SCHEDULE FEB 6–8 2026 WE RESERVE THE RIGHT TO MAKE CHANGES.					Relax & Meditation
					Class Slow Pace
					Class Physical Energetic
					Talk/Workshop
					Outdoor
					Ceremony

SATURDAY FEB 7	SPEGELSALEN	APELVIKEN	ENESKÄR	WARDBERG	MIDDELGRUND
07.30 (7.30 a.m.)	Breakfast 07.30–10.30 Location: Main Restaurant				Relax & Meditation
08.00 (8 a.m.)					Class Slow Pace
08.30 (8.30 a.m.)					Class Physical Energetic
09.00 (9 a.m.)	Michelle Baker Yin & Pranyama Nourishing the winter body 08.30–10.00 90 min	Ann-Charlotte Johansson Yoga, Dance & Shake 08.30–10.00 90 min	Helen Jansson Meditation Practice 08.30–09.45 75 min	Adam Husler Let's get twisted 08.30–10.00 90 min	Talk/Workshop
09.30 (9.30 a.m.)					Outdoor
10.00 (10 a.m.)					
10.30 (10.30 a.m.)	Michael James Wong Signature Ladder Flow 10.30–12.00 90 min	Elaine de Souza Balanced Hatha Yoga 10.30–12.00 90 min	Patricia Appelgren Shaktiyoga Grounding Back to Your Self 10.30–12.00 90 min	Johan Landahl Cold Bath "Breath and Ice" 10.30–12.00 90 min	
11.00 (11 a.m.)				NOTE! Gathering at the hotel entrance 10.15 a.m.	
11.30 (11.30 p.m.)					
12.00 (12 p.m.)	Lunch 11.30–13.00 Location: Main Restaurant				
12.30 (12.30 p.m.)					
13.00 (1 p.m.)					
13.30 (1.30 p.m.)	Michelle Baker Breathwork Heartwork and The Art of Forgiveness 13.15–14.45 90 min	Holly Husler Soften A Crystal Bowl Sound Journey 13.15–14.15 60 min	Mona Anand Find Winter Harmony Uplifting Asana & Healing Yoga Nidra 13.15–14.45 90 min	Birgitta Warfvinge Do In Gong Meditation 13.15–14.30 75 min	
14.00 (2 p.m.)					
14.30 (2.30 p.m.)					
15.00 (3 p.m.)	Adam Husler Bigger Balanced Backbends Class 15.15–16.45 90 min	Sky Stretch, Rest and Rejuvenate 15.15–16.45 90 min		Leora Moonflow Yoga 15.15–16.45 90 min	Dr Shyma K Jacob Introduction to Ayurveda and Understanding Vata Dosha in Cold Seasons 15.15–16.45 90 min
15.30 (3.30 p.m.)					
16.00 (4 p.m.)					
16.30 (4.30 p.m.)					
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SATURDAY FEB 7	SPEGELSALEN	APELVIKEN	ENESKÄR	WARDBERG	MIDDELGRUND
17.00 (5 p.m.)					Relax & Meditation
17.30 (5.30 p.m.)		Holly Husler Surrender A Crystal Bowl Sound Journey 17.15–18.15 60 min	Helen Jansson Meditation Practice Build Your Aura From the Inside and Out 17.15–18.30 75 min	Marlen Arnudd Grounding Yin Yoga 17.15–18.15 60 min	Class Slow Pace
18.00 (6 p.m.)					Class Physical Energetic
18.30 (6.30 p.m.)					Talk/Workshop
19.00 (7 p.m.)	Indian Dinner From: 19.00				Outdoor
19.30 (7.30 p.m.)					Ceremony
20.00 (8 p.m.)					
20.30 (8.30 p.m.)					
21.00 (9 p.m.)					
21.30 (9.30 p.m.)	Mona Anand Yoga Nidra Practice To release layers of inner tension and connect to inner stillness and peace 21.00–22.45 105 min				
22.00 (10 p.m.)					
22.30 (10.30 p.m.)					
23.00 (11 p.m.)					

SUNDAY FEB 8	SPEGELSALEN	APELVIKEN	ENESKÄR	WARDBERG	LOBBY
07.30 (7.30 a.m.)	Breakfast 07.30–10.30 Location: Main Restaurant				
08.00 (8 a.m.)					
08.30 (8.30 a.m.)		Sky A Sama Yoga Classic 08.30–10.00 90 min	Helen Jansson A Yin Yoga Practice Rise Above Your Limiting Beliefs 08.30–09.45 75 min	Gabriella Marszalek Kristianson Garuda 08.30–09.45 75 min	Johan Landahl Cold Bath "Breath and Ice" 08.15–09.45 90 min NOTE! Gathering at the hotel entrance 8 a.m.
09.00 (9 a.m.)					
09.30 (9.30 a.m.)					
10.00 (10 a.m.)					
10.30 (10.30 a.m.)		Holly Husler Renew A Crystal Bowl Sound Journey 10.30–11.30 60 min	Mona Anand A chakra balancing asana and yoga nidra practice designed to connect back to yourself and bring inspiration and joy into your living 10.30–12.00 90 min	Nina Bengtsson & Jennifer Carlsson Hormon Yoga for all Women 10.30–12.00 90 min	
11.00 (11 a.m.)					
11.30 (11.30 p.m.)					
12.00 (12 p.m.)	Brunch 12.00–13.00 Location: Main Restaurant				
12.30 (12.30 p.m.)					
13.00 (1 p.m.)					
13.30 (1.30 p.m.)	Michael J Wong Long Slow and Deep 13.15–14.45 90 min	Elaine de Souza Yin Pulse & Nidra 13.15–14.45 90 min			Dr Shyma K Jacob Introduction to Ayurveda Daily & Seasonal Rituals for Balance 13.15–14.45 90 min
14.00 (2 p.m.)					
14.30 (2.30 p.m.)					
15.00 (3 p.m.)	Closing Ceremony in Spegelsalen				Relax & Meditation
15.30 (3.30 p.m.)					Class Slow Pace
16.00 (4 p.m.)					Class Physical Energetic
					Talk/Workshop
16.30 (4.30 p.m.)					Outdoor
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