



Samsö Retreat

6 - 9 aug 2020

Samsö is a paradise for training, well-being and recovery.
In this beautiful facility you find accommodation and a full
equipped yoga studio close to the sea and wonderful scenery.

We gather for Yoga, Pilates, Dancing, Happenings and a lovely time together.

Åsa Roos & Tina Hedrén

THURSDAY 6 AUGUST

- 14.00 Check In & Welcome!
- 15.30 Grace – functional movements to lovely music and with a touch of Dance
- 16.30 Yoga
- 18.30 Dinner

FRIDAY 7 AUGUST

- 07.30 Yoga
- 08.30 Breakfast
- 10.00 Grace
- 11.00 Pilates
- 12.30 Lunch and free time to explore the island the beaches
- 18.30 Dinner

SATURDAY 8 AUGUST

- 07.30 Yoga
- 08.30 Breakfast
- 10.00 Grace
- 11.00 Toning class
- 11.30 Chi Kung
- 12.30 Lunch & free time
- 18.30 Dinner

SUNDAY 9 AUGUST

- 07.30 Yoga
- 08.30 Breakfast
- 10.00 Grace
- 11.00 Pilates
- 12.30 Lunch
- Check out at 14.00

Be prepared for Yogic and Ayurvedic surprises after Dinner!

(We intend to follow this but changes can happen in the program)

Sign Up & Price

Price: 3.495 SEK (SEK - Swedish crowns)
Early Bird: 2.995 SEK (before March 31 2020)
As You sign up we will give You the correct IBAN to transfer the Retreat price

Sign Up & Questions:

Tina Hedrén: tina@seasonalyoga.se
Åsa Roos: kontakt@gymmetihammenhog.se

Food & Accommodation Mellem-rummet

(this is paid directly to Mellem-rummet before July 31 2020)
You can reserve Your room when You contact Tina or Åsa.
Limited numbers!

Price Single 3.825 DKK/person (DKK - Danish crowns)
Price Double: 3.525 DKK/person
Price 3-4 in bedroom: 2.925 DKK/person

Payment to:

Ringkøbing Landbobank
IBAN: DK5376700004704983
SWIFT: RINGDK22
CVR: 35034447

Transport

From Copenhagen with car or train to Kalundborg
Ferry from Kalundborg (Sjælland) – Ballen (Samsö)
You can bring your car to Samsö or leave it at a parking in Kalundborg. At arrival to Samsö a bus takes you to Mellem-rummet or we arrange pick-ups You can easily rent a bike during your stay at Samsö, we recommend it!

Travelling from Jylland: You book the ferry from Hou to Sälsvig.

We hope to see You in the Summer
– Welcome!

Åsa & Tina