



# Girls Retreat at Samsö

## Mellem-rummet 3-6 July 2018

Samsö is a paradise for recovery, well-being and enjoying nature. Our venue has accommodation and a fully equipped yoga studio close to the sea and wonderful surroundings. We're gathering for yoga, dance, happenings, good food and nurturing conversations!



## Tuesday 3 July

*Time for accommodation*

- 12.00 Welcome
- Lunch and free time during the afternoon
- 17.00 Seasonal Grace Dance
- 18.30 Dinner
- 20.00 Happening

## Wednesday 4 July

- 07.30 Morning Yoga
- 08.30 Breakfast
- 10.00 Girls Talk
- 11.00 Seasonal Grace Dance
- 12.30 Lunch and free time during the afternoon
- 18.30 Dinner
- 20.00 Happening

## Thursday 5 July

- 07.30 Morning Yoga
- 08.30 Breakfast
- 10.00 Seasonal Grace Training\*
- 11.00 Chi Kung & Tai Chi (*optional*)
- 12.30 Lunch
- 13.00 Seasonal Grace Training cont.
- 17.00 Girls Talk
- 18.30 Dinner
- 20.00 Happening

## Friday 6 July

- 07.30 Morning Yoga and closing
- 10.00 Brunch
- 12.00 Leaving Samsö

*Girls Talks (for all ages) touches topics suchs as emotions, diet, hormones, exercise and energy.*

## Welcome to a Girls Retreat that will nurture You!

With love // Tina & Åsa

## Price & Sign up

Price for full retreat: 5.500 SEK includes accommodation, linen, towel, all meals in the program plus fruits, snacks and teas. [Early Bird Price](#) until March 31: **4.900 SEK**  
Single room: 1.000 SEK extra.

Sign up March 31 the latest to:  
Tina, [tina@seasonalgrace.se](mailto:tina@seasonalgrace.se)  
or Åsa, [asa@seasonalgrace.se](mailto:asa@seasonalgrace.se)  
*A non-refundable deposit of 1.000 SEK is required to secure a place.*

If you prefer organizing your accommodation at Samsö on your own, you pay 500 SEK per day for participating in the classes or 250 SEK per class.  
*No deposit is needed.*

\*Seasonal Grace Teacher Training. This Training is not included in the Girls Retreat. You can sign up for just the Training. Price: 1.750 SEK including manual and Diploma. Sign up for Training & Pay June 15 the latest.

*Your registration is binding. If you should be prevented your booking can be transferred to someone else. Limited rooms available. Excluded are transports to and from Samsö.*

## Transport

*From Sweden: Train to Copenhagen. Train to Kalundborg (1h 20min). The station is 5min away from the ferry. Ferry from Kalundborg to Ballen (1h 15min). Bus/Taxi (approx. 15min) from Ballen to Tandsrup and Mellem-rummet. You can also come by car or fly directly to Samsö from Copenhagen.*

*From Jylland: Ferry from Hou to Sælsvig (1h 15min) Approx. 5 min in a car or Taxi to our venue.*