

Iyengar Yoga Retreat



Island of Møn - Denmark, July 19-25, 2024

The island of is located in the Baltic Sea, south of Copenhagen. Designated by UNESCO as Denmark's first biosphere reserve, it's known for its peaceful natural environment, sandy beaches and the impressive Møns Klint. The yoga intensive takes place in a beautiful retreat house 50 metres from the beach. With extensive experience in hosting retreats, they prepare organic and tasty vegan food. Under their idyllic thatched roofs you will find cosy single as well as double rooms. It is a place with optimal conditions for practicing yoga, enjoying nature with pleasant summer temperatures.



Daily Schedule

7:30-10:30 Asana practice

11:00 Brunch

16:45- 18:15 Restorative yoga and Pranayama

18:30 Dinner

*Except for Friday 19th, which is the arrival day, when there is only dinner, and the 25th, when we will leave the retreat house before 13:00.

Teacher

Lladiu started practising yoga more than 20 years ago, is a certified Iyengar yoga teacher level 2, runs the Ayalgayoga studio in Basel.

The yoga retreat is suitable for advanced yoga practitioners as well as beginners and practitioners of other styles of yoga who want to get to know Iyengar yoga. The teacher will adapt the practice to the level of each person.



Meals

Brunch and dinner included. "Very nice vegan and organic food with beautiful colours and power". These are the words of the chef to describe the food we will find there. Fruit and herbal teas will be available for the rest of the day.

Luggage

The yoga practice room is equipped with mats, bricks, blankets, belts and chairs, making it easy to travel light on equipment, although you are welcome to bring your own props if you prefer.

Travel

The island of Møn is connected to the mainland by bridges, so the journey can be made in a sustainable way. Night train from Basel to Hamburg, continuing by direct train to Copenhagen via the Baltic Sea. And from Copenhagen there is public transport to the retreat house, except for the last 9 km which would require a taxi. Copenhagen airport is very well connected for those who want a more direct journey.

To Register

Doble room, yoga and meals CHF 850 (after 31.1.2024 CHF 890)

Single room, yoga and meals CHF 940 (after 31.1.2024 CHF 980)

For more information and registration contact Lladiu through:

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