

# Finding Inner Balance

Imagine yourself starting off the weekend in the Swedish archipelago surrounded by the beautiful forest and loads of good vibes. You might already sense the peacefulness you will get from this day, by being guided through various breathing exercises, flows of yoga and nourishing food.

We offer this day based on our belief that finding inner balance is vital to live a happy and healthy life, cause that's what you deserve - a happy and healthy life.

We also believe that we all need some guidance and different tools to find that inner balance. Our toolbox is based on the ancient practices of Yoga and Ayurveda which we are looking forward to share with you during this retreat.

Why this is unique

This retreat is an exciting opportunity we have created for us to together practice yoga while simultaneously extend that opportunity to someone else. Profits raised from this retreat help us continue to run the Warrior Yoga Karma Project. The project is designed to make the yoga community more inclusive and accessible by hosting weekly classes for, particularly vulnerable communities through existing organizations, charities and shelters so that yoga can be added to existing programming.

While giving back, this is what you'll get:

Te, coffee & fika

Guided meditation & various breathing exercises

75 minutes of Vinyasa Flow Yoga

An introduction to Ayurveda

Nourishing & satisfying lunch

A conversation about Yoga philosophy

75 minutes of Yin Yoga

All you need to know

Date: 9/5-2020

Time: 10:00 - 17:00

Price: 1500 kr

The retreat will be held in English

Location: Yoga Shala Blidö, Glyxnäs Byväg 77, Norrtälje.

How to get there from Stockholm:

You can either take bus 676 from Tekniska Högskolan towards Norrtälje and then change to bus 634 to Glyxnäs (end station). This trip takes over 2 hours. Information about this Public transport you'll find on [www.sl.se](http://www.sl.se)

If you want to drive by car it takes about 1 hour 45 minutes from Stockholm and you can easily take the two ferries over to Yxlan and then Blidö with no cost, they leave every 30 minutes from Furusund. Adress for Google Maps: Glyxnäs Byväg 77, Norrtälje.

Or you can also take a beautiful ferry ride all the way from Strömkajen in Stockholm city to Glyxnäs Brygga with Waxholmsbolaget. About 3 hours.