

Yoga, food & Running

Imagine starting off the day sitting on a cushion inside of a tree house with 13 windows overlooking the Swedish forest. Listen to sounds of birds in the spring weather with rays of sun touching your skin. Inside the yogashala we would spend about two hours in the morning with your teacher [Sofia Soori](#) before we start the day with some fun activities. After yoga we would be greeted with an amazing and healthy brunch cooked by [Therese Elgquist](#), also known as [@plantbythess](#) on Instagram. Therese is a freelance food creator and food stylist in Gothenburg who is passionate about healthy, nourishing and plant based food. After the delicious food we take a little brake to enjoy nature, read a book, hang out or simply just relax. Then we start to get ready for the run with [Agnes Maltesdotter](#), who will guide us through techniques and her best tips for both beginner runner and for those who wants some tips in your current running journey. Agens, also known as [@undanflykter](#) on Instagram is a lifestyle photographer, with passion for nature, running and surfing.

Retreat spots: 8 max

Retreat price: 5900 kr

Includes: All activities, food & accommodation

Where: YogaShala Blidö, Glyxnäs Byväg 77, Norrtälje

Hosts: Sofia Soori, Therese Elgquist & Agnes Maltesdotter

Date: 28-31 May 2020

Start time: 16.00 on Thursday 28/5

End time: 14.00 on Sunday 31/5