

# WINTER YOGA RETREAT

2 Nights at Marendal, including vegetarian meals

## Preliminary Schedule:

### **Friday afternoon**

5th March 2021

Arrival 16:00 - Welcome tea

16:30 - 18:30 - Yogasana Practice

18:30 - Light meal

### **Saturday**

6th March 2021

8:30 - 10:30 - Yogasana Practice

11:00 - 13:00 - Brunch followed by free time ( there will be an opportunity to hold a small inversions, chaturangas or backbends clinic during the day – optional) Tea and vegan snacks available during the day

16:00 - 18:00 - Yin yoga followed by Yoga Nidra

18.30 - Dinner

### **Sunday**

7th March 2021

8:30 - 10:30 - Yogasana Practice

11:00 - Brunch

13:00 - Departure

### **Location:**

Marendal Retreat, Vindebyvej 55, 5900 Rudkøbing, Langeland.

### **Travel Info and About the Venue**

See the other side of this leaflet for more info

# ABOUT MARENDAL RETREAT

Marendal is a gem of wellbeing for body, mind, and spirit. To nurture and strengthen this trinity, we offer retreats of yoga, meditation, mindfulness, detox and nutrition and so much more.

## **Sleeping facilities:**

The Garden room 1 double bed

The South room 1 room with three beds

The Library 1 room with 2 beds

The Tower room 1 room with 2 beds

1 extra bed can be set up in one of the rooms.

**Please bring your own linnen and toileteries.**

## **Travel information:**

By car (2h30 from Copenhagen), By Flex bus to Rudkøbing and pick up from there.

**Max 10 people including Host and teacher.**

## **Pricing and booking:**

DKK 4500 - Per Person – 8 Hours of Yoga, Food and Accomodation.

**Email [hello@nadineyoga.co.uk](mailto:hello@nadineyoga.co.uk) to book.**

