

Samsø Yoga Retreat

July 14th - 17th 2022

Thursday

14:30 Arrival and check-in at Inspiratoriet
15:00 Welcome & Intro to the weekend
17:00 18:15 Gentle Afternoon Yoga
19:00 Dinner
21:00 - 21:30 Yoga Nidra and Meditation
21:30 Evening tea and snack
Goodnight

Yoga/meditation sessions
will be in English.

Friday

6:30 Tea and snack available in the dining area
7:00 - 8:30 Morning Yoga, with Qigong reset exercise and small Meditation
8:45 Breakfast
Free time to explore the nature, walk to the beach, read a book, relax...
13:00 Lunch
15:00 - 17:00 Silent hours in the common areas
Free time to explore the nature, walk to the beach, read a book, relax...
17:15 - 18:30 Gentle Afternoon Yoga
19:00 Dinner
20:30 - 21:30 Meditation
21:30 Evening tea and snack
Goodnight

One session of 45 min.
Healing Massage - to use
during the free time.

Silent hours in the
common areas.

Saturday

6:30 Tea and snack available in the dining area
7:00 - 8:30 Morning Yoga, with Qigong reset exercise and small Meditation
8:45 Breakfast
Free time to explore the nature, walk to the beach, read a book, relax...
11:30 - 12:30 Optional intro to Permaculture
13:00 Lunch
15:00 - 17:00 Silent hours in the common areas
Free time to explore the nature, walk to the beach, read a book, relax...
17:15 - 18:30 Gentle Afternoon Yoga
19:00 Dinner
21:00 - 21:30 Meditation
21:30 Evening tea and snack
Goodnight

Your very own time
to relax, socialize, and
connect with Mother Earth.

Intro to Perma Culture.

Sunday

6:30 Tea and snack available in the dining area
7:00 - 8:30 Morning Yoga, with Qigong reset exercise and small Meditation
8:45 Breakfast
10:00 - 11:30 Free time
11:30 - 12:45 Meditation and round-up on the weekend
13:00 Sandwich to go and check out.
Namaste and see you next time...

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Moseholm Yoga