



# IDÖBORG

By Nâtya - Sandrine Ferrer

## YOGA & AYURVEDA RETREAT

**May 16th - 22nd, 2020**

Stockholm Archipelago, Sweden

# Nâtya, Sandrine, The idea...



After more than 30 years of passionate research, practice and exploration in the fields of Dance, Yoga, Massage therapies and Ayurvedic medicine, Sandrine decided to create exceptional retreats in prestigious and unique locations surrounded by nature.

A place where the guests can experience teachings from wonderful yogis and receive treatments from generous, caring and well-trained therapists.

Special attention is also given to fine vegetarian food...

# A mindfull event requires a peaceful place...

Welcome to Idöborg - a little heaven on earth. This charming private island in the stunning archipelago of Stockholm, 2hrs from the city, is our base for this special retreat.



# Yoga Experience...with incredible teachers



**ALEX BAECHLER**

[www.atayoga.com](http://www.atayoga.com)

**ANTONIA PILBROW**

[www.antoniapilbrow.com](http://www.antoniapilbrow.com)



# Example of a typical day

## MORNING

- 07.15 Gandouche
- 07.30 Fruits and Tea
- 07.45 Yoga practice (2hr)
- 09.45 Breakfast
- 10.15 Ayurvedic treatments\*



## AFTERNOON

- 13.00 Lunch
- 14.30 Yoga practice (2hr)
- 16.45 Ayurvedic treatments \*
- 19.45 Dinner

*\* You will receive a personalised schedule for your choice of treatments, massages and activities.*

## EVENING

*Every night after the dinner time there will be a workshop : Therapeutic yoga, meditation or some other pleasant surprise ...*





# Ayurvedic Massages & Treatments

Your body-mind-soul will be taken care of by our handpicked team of practitioners who have been trained at Tapovan, Yoga & Ayurveda Open University.

Sandrine and the Nâtya team will do their utmost to make you feel at ease and accompany you through your 5 hours of treatments.

# Nutrition for all your senses

Food is an essential part of our lives – Health, Balance, Pleasure, Sharing...

Our dedicated chef follows the principles of Ayurveda and all meals are vegetarian, organic and...simply delicious!



# Special Guest Therapists...



**LOUKA LEPPARD**

**Tulayoga & Meditation in touch**

360 € for 2h

[www.tulayoga.com](http://www.tulayoga.com)

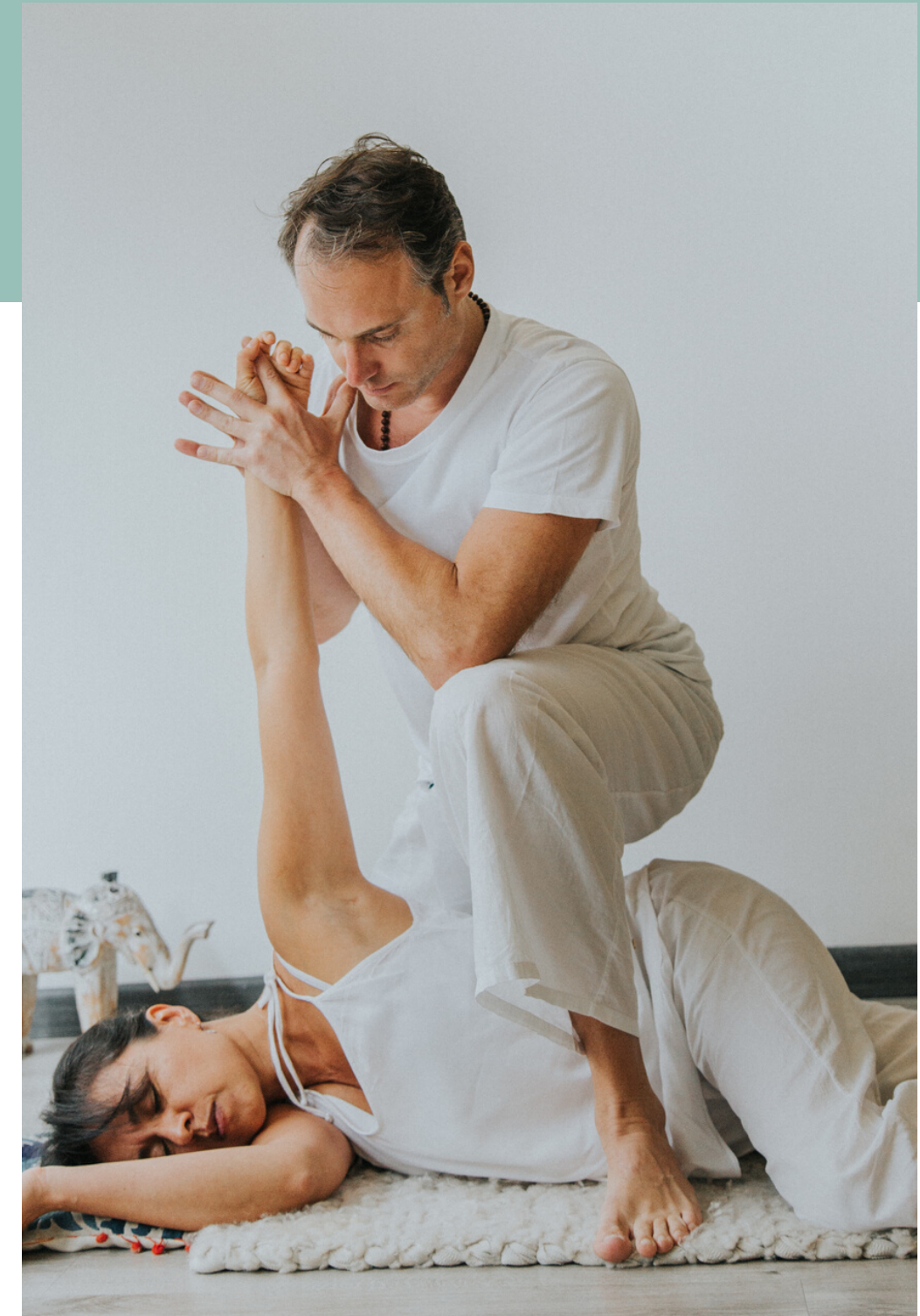


**ANTONIA PILBROW**

**Therapeutic Massage**

130 € for 1h

[www.antoniapilbrow.com](http://www.antoniapilbrow.com)



**ALEX BAECHLER**

**Osteo-Thai Massage**

140 € for 1h

[www.atayoga.com](http://www.atayoga.com)



# What is included in the price ? \*

## FOR THE 7-DAY RETREAT :

- 24 hours of Yoga practice
- 5 h of Ayurvedic Massages & Treatments
- 4 Meals per day
- 4 workshops
- 1 night of accommodation in Stockholm
- 5 nights of accommodation on Idöborg
- Transfers Stockholm - Idöborg \*
- Access to the sauna

\* except "daytime only" option



*\* See different price-options depending on choice of accommodation on the following page*

# Accommodation & Prices

## STOCKHOLM 1 NIGHT + IDÖBORG 5 NIGHTS

7-day retreat, 6 nights with choice of accommodation :



### COTTAGE

Private 2895€  
Shared 2630€

### MAIN HOUSE

Single 2495€  
Double 2250€



## IDÖBORG ONLY

- 6-day retreat, 5 nights, accommodation in the house : 1995€
- 2-day retreat, 1 night (8h yoga, workshop, sauna, accommodation, food) : 390€ \*

*\*Transfers not included*



**INQUIRIES & RESERVATIONS**  
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