


























VARBERG WINTER RETREAT – FRIDAY, FEBRUARY 10





FRIDAY	YOGA HALL 1	YOGA HALL 2	YOGA HALL 3	OUTDOOR/SEASIDE
08.30				
09.00				Lex Reilly Cold Immersion 
09.30				
10.00				
10.30				
11.00	Camille Vidal Yin on! 	Adam Husler Vinyasa "Twist and Twist Again" 		
11.30				
12.00				
12.30				
13.00				
13.30	Kyle Gray Kundalini yoga "Building Spiritual Stamina" 	Michelle Baker Breathwork "Landing Within" 		
14.00				
14.30				
15.00				
15.30	Michael J Wong Vinyasa Krama "Brahma & The Warrior Practice" 	Jonna Segergren Qigong/Gong 		
16.00				
16.30				
17.00				
17.30	Opening Ceremony			
18.00				
18.30				
19.00				

Type of class:  = physical/energetic  = slow pace/meditative  = workshop  = talk

We reserve the right to make changes.












VARBERG WINTER RETREAT – SATURDAY, FEBRUARY 11





SATURDAY	YOGA HALL 1	YOGA HALL 2	YOGA HALL 3	OUTDOOR/SEASIDE	
08.30	Adam Husler "Bigger, Balanced Backbends" 	Camille Vidal Yin Yoga "Sinking into stillness" 	Karolin Axelsson "Slow Flow" 		
09.00					
09.30					
10.00					
10.30	Michael J Wong "Ladder Flow" 	Michelle Baker Breathwork "The Art of Recovery" 		Lex Reilly Cold Immersion 	
11.00					
11.30					
12.00					
12.30					
13.00	Kyle Gray Kundalini yoga "Mantras and Meditation for a Radiant Aura" 	Adam Husler Vinyasa "Heavenly Hips and Tight bits" 	Camille Vidal Yin Yoga "And Relax ..." 		
13.30					
14.00					
14.30					
15.00	Michael J Wong Vinyasa Krama "Hanuman & flying splits practice" 	Lex Reilly Nature Connectedness 	Fanny Olsson Tibetan Yoga 		
15.30					
16.00					
16.30					
17.00	Michelle Baker Pranayama & Restorative "Bone Deep Listening" 	Kyle Gray Kundalini yoga "Busting through the blocks" 			
17.30					
18.00					
18.30					
19.00					

Type of class:  = physical/energetic  = slow pace/meditative  = workshop  = talk

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VARBERG WINTER RETREAT – SUNDAY, FEBRUARY 12

SUNDAY	YOGA HALL 1	YOGA HALL 2	YOGA HALL 3	OUTDOOR/SEASIDE	
08.30	Michael J Wong Restorative yoga + Meditation "Sweet Surrender" 	Ottilia Bergström Vinyasa "The evolution of a tree" 		Lex Reilly Cold Immersion  	
09.00					
09.30					
10.00					
10.30	Adam Husler Refining our vinyasa practice and asking why 	Michelle Baker Pranayama, Nidra & Reiki "A Winter Softening" 	Katarina Bergman Vinyasa Krama "Open your heart" 		
11.00					
11.30					
12.00					
12.30					
13.00	Kyle Gray Kundalini yoga "Align the Chakras"  	Camille Vidal "Yin for sleep" 	Lex Reilly Nature Connectedness 		
13.30					
14.00					
14.30					
14.45					
15.30	Closing Ceremony Q&A with teachers from the weekend				
16.00					
16.30					
17.00					
17.30					
18.00					
18.30					
19.00					

Type of class:  = physical/energetic  = slow pace/meditative  = workshop  = talk

We reserve the right to make changes.