




























# VARBERG WINTER RETREAT – FRIDAY, FEBRUARY 10





FRIDAY	YOGA HALL "SPEGELSALEN"	YOGA HALL "APELVIKEN"	YOGA HALL "WARDBERG"	FORTRESS/SEASIDE
09.00–10.30				<b>Lex Reilly</b> Cold Immersion  
11.00–12.30	<b>Adam Husler</b> Vinyasa "Twist and Twist Again" 	<b>Camille Vidal</b> Yin on! 		
13.30–15.00	<b>Kyle Gray</b> Kundalini yoga "Building Spiritual Stamina" 	<b>Michelle Baker</b> Breathwork "Landing Within" 		
15.30–17.00	<b>Michael J Wong</b> Vinyasa Krama "Brahma & The Warrior Practice" 	<b>Jonna Segergren</b> Qigong/Gong  		
17.30–19.30	<b>Opening Ceremony</b>			

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 "SPEGELSALEN"	YOGA HALL "APELVIKEN"	YOGA HALL "WARDBERG"	FORTRESS/SEASIDE
08.30-10.00	<b>Camille Vidal</b> Yin Yoga "Sinking into stillness" 	<b>Karolin Axelsson</b> "Slow Flow" 	<b>Adam Husler</b> "Bigger, Balanced Backbends" 	
10.30-12.00	<b>Michael J Wong</b> "Ladder Flow" 	<b>Michelle Baker</b> Breathwork "The Art of Recovery" 		<b>Lex Reilly</b> Cold Immersion 
13.00-14.30	<b>Adam Husler</b> Vinyasa "Heavenly Hips and Tight bits" 	<b>Kyle Gray</b> Kundalini yoga "Mantras and Meditation for a Radiant Aura" 	<b>Camille Vidal</b> Yin Yoga "And Relax ..." 	
15.00-16.30	<b>Fanny Olsson</b> Tibetan Yoga 	<b>Michael J Wong</b> Vinyasa Krama "Hanuman & flying splits practice" 	<b>Lex Reilly</b> Nature Connectedness 	
17.00-18.30	<b>Michelle Baker</b> Pranayama & Restorative "Bone Deep Listening" 	<b>Kyle Gray</b> Kundalini yoga "Busting through the blocks" 		

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

We reserve the right to make changes.

# VARBERG WINTER RETREAT – SUNDAY, FEBRUARY 12

SUNDAY	YOGA HALL "SPEGELSALEN"	YOGA HALL "APELVIKEN"	YOGA HALL "WARDBERG"	FORTRESS/SEASIDE
08.30–10.00	<p><b>Michael J Wong</b> Restorative yoga + Meditation "Sweet Surrender"</p> 	<p><b>Ottilia Bergström</b> Vinyasa "The evolution of a tree"</p> 		<p><b>Lex Reilly</b> Cold Immersion</p> 
10.30–12.00	<p><b>Michelle Baker</b> Pranayama, Nidra &amp; Reiki "A Winter Softening"</p> 	<p><b>Adam Husler</b> Refining our vinyasa practice and asking why</p> 	<p><b>Katarina Bergman</b> Vinyasa Krama "Open your heart"</p> 	
13.00–14.30	<p><b>Kyle Gray</b> Kundalini yoga "Align the Chakras"</p> 	<p><b>Camille Vidal</b> "Yin for sleep and soundhealing"</p> 	<p><b>Lex Reilly</b> Nature Connectedness</p> 	
14.45–16.30	<p><b>Closing Ceremony</b></p>			

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

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