

A Weekend Yoga and Meditation Retreat in Sweden with Romina

Dates:

26th - 30th September 2025
Friday afternoon until Tuesday morning (4 nights)

Location:

Landvetter, 30 mins from Gothenburg, Sweden. Only a 20 minute drive from the airport. September in Sweden is one of the most beautiful times of year to visit - the days are still long with gorgeous evening light and incredible sunrises over the lake. The temperature ranges from around 11 to 18 degrees celsius and you can see an explosion of autumnal colours.

Accommodation:

- * Exclusive use of a boutique hotel on a beautiful peaceful lake surrounded by woodland.
- * Sweet, Scandinavian cabin style rooms. Each with their own kitchenette and private bathroom.
- * The site features a Scandinavian sauna and hot tub.
- * Lots of beautiful reading and meditation spots within the grounds of the retreat
- * Surrounded by forests there are plenty of routes for beautiful walks through the woods or even runs!
- * The Lake - we have a private jetty for as much wild swimming as you want! We will also take you on a boat trip - silently gliding across the lake to explore a small, uninhabited island at its centre. There are also kayak canoes to enjoy on the lake if you wish!



Yoga:

What I love about Yoga is that it can be joyous, playful and empowering as well as soothing, healing and inward. Practicing twice a day will allow us to dive deeper into our practice, breaking down certain moves and focussing on the correct alignment in postures. We will learn to be comfortable sitting still whilst meditating for longer periods of time. This will be an opportunity to nurture ourselves and build a reservoir of calm that can be drawn from later in the year.

All ability and experience levels are welcome.

We will be practicing outside on the large wooden decking area overlooking the lake, with an option to practice under the marquee if we are in need of shelter.

I have been practicing Yoga for 15 years and teaching for 7. I hope to always teach from a place of authenticity as I believe that fosters the strongest connection between teacher and student. I am by no means a perfect Yogi all the time but I always find my way back and am invariably so grateful to reconnect and rediscover my practice. With gentle guidance, I like to help others find that same sense of discovery and connection with their body as well as a feeling of being grounded and present.

A typical day will look something like this:

8am - Morning Yoga and Meditation

10am - Breakfast

11am - Sauna + Swim / Free time

2pm - Lunch

3pm - Walk in the woods / Free time

5pm - Afternoon Yoga + Meditation

18:30 - Hour of silence

7:30 pm - Dinner

9pm - Hot tub under the stars



The routine of a retreat can be a really brilliant way of switching off and surrendering to the structure of your surroundings. It's a joy to let go of any plans and to-do-lists! There will be plenty of time to explore and beautiful tranquil spots to sit, read, write, draw and reflect outside in nature. I encourage you to unplug as much as possible this weekend and enjoy a device free time!

Food:

Meet your personal chef Peter! Peter is a brilliant cook with professional experience and has always loved food and cooking for others. Expect delicious, healthy, home cooked vegetarian food - made with lots of love! Meal times during this retreat will be a lovely time to gather together, make new friends and enjoy delicious flavours cooked up by Peter. We will have a welcome dinner on Friday night followed by 3 meals a day on Saturday, Sunday and Monday - Plus drinks and snacks! This is a bespoke retreat so please let us know any dietary requirements and we will do our very best to accommodate!

Prices:

£750 pp (for two sharing a cabin)
£950 pp (for your own room)

Places are limited to 8 people. In order to try and keep the retreat as affordable as possible sharing cabins is encouraged. Most cabins have a double bed and a sofa bed so they are perfect for couples or friends sharing. If you don't have a buddy to come with but are wanting to share a cabin please let me know and I can try and pair you up! Of course if you want to come and enjoy some alone time that is totally fine too.

To book I will ask for a £200 deposit. With the remaining balance due by 31st August. We can also arrange a payment plan if that would suit.



Flight recommendations:

- * In my experience return flights can range from around £80 - £150.
- * The airport you want to fly into is Landvetter, Göteborg (GOT)
- * You can fly with Norwegian Airlines from Gatwick Airport (normally a good cheap option but watch out for additional prices for luggage! Its a good option if you're travelling as a pair as one of you can go for the Low Fair and one can go for Low Fair+ so you can get some luggage between you!)
- * British Airways fly from London Heathrow and Ryanair from Stansted.
- * Please don't book flights until I give you the go ahead after receiving your deposit and making sure we have enough participants for the retreat to go ahead.

Arrival and Check out:

We will meet you at the airport and bring you to the accommodation. Friday will all be about settling in and getting to know your surroundings. You can take a wild swim in the lake to wash away the flight before enjoying a welcome dinner all together. Saturday, Sunday and Monday will be 3 full days of the retreating! Tuesday's check out is at 11am after a light breakfast if you aren't on an early morning flight! We will provide transport back to the airport

To reserve a space or if you have any questions please send me an email romina.laila@gmail.com or give me a call on 07787279551.

Slow down, unplug, find balance, connect with nature and make new friends!

I can't wait to hear from you.

Love,
Romina x

