

# Arctic Winter Yoga Retreat



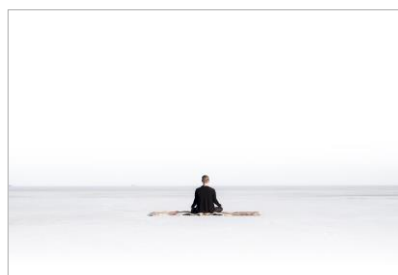
## Unify body and mind with the serenity of nature

A long weekend outside in the nature, with yoga and meditation outdoors in the arctic climate where you get to stay at Aurora Safari Camp. You will live in a lavvo's, the same as our indigenous people, but with a more luxurious feel surrounded by nature. Immersed by nature, on the Arctic beauties with pine forest around you association between body and mind with the movements of nature will be the focus of your well-being. Our days are intended to provide a personal experience immersed in nature, providing space for the most beautiful sound - silence. A weekend for your wellbeing with some yoga on the ice-covered lake of Arctic Sweden. Yoga and meditation in the cleanest air of Swedish Lapland.



### Natures Little Spa

A wood-fired sauna for maximum relaxation. Nurture your outer body and relax your inner mind. Sauna has unexpected health effects; it increases blood circulation and affects the body's hormones, but above all a sauna has a wonderful relaxing effect.



### Presence and life-energy with Yoga in the wilds of nature.

Master your mind and find your inner self. With meditation as your tool, we can teach you to unwind and find an inner peace.



Arctic Winter Yoga  
Retreat 2017  
23<sup>rd</sup> to 26<sup>th</sup> March

**Price:**  
**From:**  
**18000 SEK**  
**per person**  
Max 12 participants

**Includes:**

- Full board accommodation
- Tentipi living
- Yoga classes indoors and out
- Mindfulness
- Sauna
- Local food preparation
- English is spoken so language will not be a barrier

Please tell us at the time of booking if you have any allergies or require transfer.

Welcome on an Arctic winter yoga retreat at aurora safari camp  
Contact us at:  
[info@activenorth.se](mailto:info@activenorth.se)  
0046-705677092  
[www.aurorasafaricamp.com](http://www.aurorasafaricamp.com)

# Arctic Winter Yoga Retreat

**22-26 March 2017**

A long weekend for recovery, where the association between body and mind with the freedom to move in a natural environment are the focus of your well-being. The retreat includes various healthy activities surrounded by the beauty of the natural environment including sauna on the arctic lake, meditation and meditation activities such as ice sculpturing and yoga in the snow. Your stay starts on Thursday, March 23 finishing on Sunday, March 26 at around 13:00hrs. The Arctic Winter Yoga Retreat warmly welcomes those who need to relax and disconnect from the day-to-day. The retreat is suitable for both beginners and the more experienced with our instructors helping you adapt the exercises to your ability. To ensure a personal experience the maximum number of participants is limited to 12 people. Book your place today and we will respond to you within 3 days.

Welcome!

*Your time is now.*

Active North Camp

Aurora Safari Camp



## Program for Arctic Winter Yoga Retreat 2017 (Timings are subject to change)

### **Thursday 23<sup>rd</sup> March**

When you arrive- we go out to the camp on a snowmobile sleight.

At the camp we will welcome you and serve you some local hot drink, and you get some time to feel like home.

Dinner at the camp

Yoga session 1 inside 90 min

Overnight at Aurora Safari Camp in spacious firewood heated Lavvus (sami tents).

### **Friday 24<sup>th</sup> March**

8.00-10.00- breakfast

10.30 11.00- Yoga on Ice

- Free time

13.00 - Lunch in the Lavvo or outside

14.00 -We start up ice sculpturing in large

Blocks of ice from the river with professional tools.

15.00 FIKA Swedish fika.

16.00 Walk in Silence

17.00 Yoga Inside 90 min

19.00- Dinner

21.00 Enjoy the sauna on the frozen lake, facing the north. See the sky gets dark and the Stars appear

### **Saturday 25<sup>th</sup> March**

06:00 to 06:30 - Meditation in motion on the ice-covered lake

07:00 to 09:00 - Breakfast

10.00 Virya Yoga 90 min level 1

12:00-13:00 - Light Lunch in Silence at Sörbyn

15:00 - Fika (traditional Swedish coffee break)

18:00 - Dinner

20.00 The lake Sauna is ready

### **Sunday 26<sup>th</sup> March**

07:00 to 08:30 - Morning meditation inside

08:30 to 09:30 - Breakfast

09:30 to 10:30 - Time for reflection

After that we get ready to head back to Luleå Airport.

**The schedule is provisional and subject to small changes.**

## Active North Camp

Is a activities company in the northern part of Sweden, who develops activities for wheel-being outside in the nature. The person behind Arctic Winter Yoga Retreat is Rebecca Björk, a person who loves outdoor activities and spending time with her nearest and dearest. Rebecca manages both Active North Camp and Made By Björk. Qualified in the development of Nature Tourism, Rebecca has a broad knowledge of the hospitality industry with her heart very much set on product development. Rebecca works as a yoga instructor and is studying to become a Yoga teacher in Virya Yoga at the Nordic Yoga Institute. She finds her strength and inspiration from nature, where peace and wildlife live free.

More about Rebecca and here company at [www.activenorth.com](http://www.activenorth.com)



## Aurora Safari Camp

During the retreat you will live in aurora safari camp the two first night. Here you get to live in a lavvo, the same as our indigenous people, but with a more luxurious feel. Immersed by nature, on the Arctic beauties with pine forest around you. In the Camp we will eat every meal, and also enjoy the nature around us. Here you get to try out some more activities, like ice sculpturing and snowshoes and if you like you can book in a tour with Siberian Huskies. The food that we serve is based on local goods, and for your wellbeing. Please let us know if you have a special diet or are allergic to something. The man behind Aurora Safari Camp Is a well-known photographer who has a broad knowledge's of outdoor life in Sweden but also from many years located in Africa. Read more at [www.aurorasafaricamp.com](http://www.aurorasafaricamp.com)



For more information about accommodation, please contact:

Fredrik Broman: +46706557966 [fredrik@humanspectra.com](mailto:fredrik@humanspectra.com)

Rebecca Björk: [info@activenorth.se](mailto:info@activenorth.se) nr +46705677092

Welcome!

## How to get to Aurora Safari Camp with Active North Camp

You book a flight to Stockholm and from Stockholm to Luleå Airport.

Arrival in the afternoon. We pick you up and on the way to Aurora Safari Camp we stop at Old Luleå, the Unesco World Heritage of gammelstad Churchtown. Then we drive up Råne River Valley, with chances to see moose and reindeer. The last part out to the camp is in a Snowmobile sleigh. Warm drinks at arrival, check in and camp briefing.

## Book your stay at Aurora safari camp for the Arctic Winter Yoga retreat 2017

Email us your name, address, telephone number and Swedish person number if you have one, together with any other wishes you might have for your stay to [info@activenorth.se](mailto:info@activenorth.se) . Please do not forget to include details of any allergies or physical restrictions you might have and also if you are pregnant or have diabetes or something else that might matter for our yoga class and for your stay.

Registration for the Arctic Winter Yoga Retreat is binding. You can expect a reply from us within three days confirming your application has been received. If you do not hear from us within three days please contact us. Your invoice will be sent out no later than three weeks before the start of the retreat. A deposit of 500 SEK is required to secure your place. Booking requests should be sent to [info@activenorth.se](mailto:info@activenorth.se)

*A warm welcome to a long weekend in our Arctic climate with yoga in the great outdoors!*

