

# Yoga On Ice

## Arctic Winter Yoga



### Be one- with your body, mind and soul

Experience arctic yoga class in the magical Lapland. Discover the relationship between your body, mind and soul with the movements of nature as you focus of wellbeing. Time to meet your inner-self absorbing the amazing sounds of nature and above all – Silence. One yoga class on snow-covered ice, followed by a wood fire sauna and time for personal reflection compete with traditional Swedish fika. Your moment in time for yoga and meditation in the open Arctic air of Swedish Lapland.



### Natures Little Spa

Sauna experience 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.



### Yoga On Ice

**Date & time:**

Available to book weekends in February & Mars, with 5 days advance notice.

**Price:**

1750 SEK per person.

**Time:** 3 Hours**Includes:**

- Yoga class in a winter condition
- Natures Little Spa, a Swedish sauna
- Swedish home-made Fika
- Time for reflection

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

For more information about YOGA on ICE

contact us at:  
[info@activenorth.se](mailto:info@activenorth.se)  
0046-705677092

corporate events are  
Welcome!

