

YOGA & SKIING

MARCH 6TH - 9TH 2025, SANDSGÅRDEN DALARNA

BREATHE . MOVE . CONNECT



WHAT

4 days of yoga, skiing, and relaxation in beautiful surroundings with yoga teacher Hanna Hax Holmsäter

WHEN

March 6th-9th 2025 at Sandsgården, Dalarna.
Instagram:
[@sandsgarden_gopshus](https://www.instagram.com/sandsgarden_gopshus)

HOW

No previous experience needed. All levels are welcome. Save your spot, send an email to haxlinder@gmail.com

FOUR DAYS OF

DAY 1 - LAND

Check in from 16. At 17 we have an opening ceremony and evening meditation. Dinner at 18.30

DAY 2 - OPEN

7.30-9 - Morning yoga

9.30 - Breakfast

11-13 - Skiing

13.30 - Light lunch

14.30-17.30 - Free time, sauna & ice swim

17.30-19 - Evening yoga and meditation

19.30 - Dinner

DAY 3 - EMBRACE

7.30-9 - Morning yoga

9.30 - Breakfast

11-13 - Skiing

13.30 - Light lunch

14.30-17.30 - Free time, sauna & ice swim

17.30-19 - Evening yoga and meditation

19.30 - Dinner

DAY 4 - ACCEPT

7.30-9.30 - Morning Yoga and closing ceremony

10 - Brunch

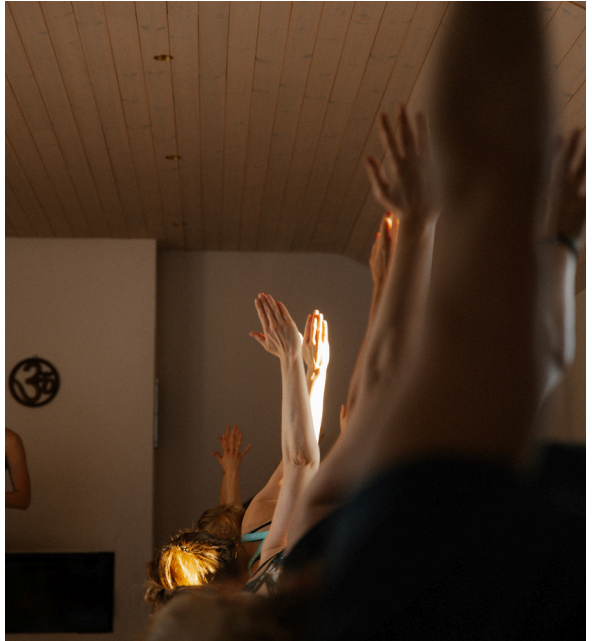
Departure





ACCOMMODATION

Rooms are shared 2 and 2 with private bathrooms. Single rooms available, 800 sek/night.







**ALL OUR MEALS ARE MADE
WITH LOVE BY HAMPUS
HOLMSÄTER**

**VEGETARIAN
AND LOCAL**

**ALLERGIES?
Please inform us any allergies**



About your teacher

Hanna Hax Holmsäter started to practice yoga by the age of 13 and completed her first teacher training at the age of 19. Since then she has continued her practice and has studied with internationally known teachers including Sharath Jois in India, who also authorized her to teach Ashtanga Yoga. Hanna has been working as a yoga teacher for over 10 years, hosting classes, retreats and events in Sweden, India and the US. Hanna keeps striving to deepen her knowledge in health and is studying medicine to graduate as Medical doctor.

"It's so beautiful to witness what an impact a few days of breathing, movement and relaxation can make. It strikes me every time how simple tools can be so powerful."





Cancellation policy

The booking is binding. Although it is not private, so in case of cancellation you can give your spot to someone else. We normally have a waiting list, so let us now.