Your Northern Lights and Yoga Retreat Vacation includes:

- Two nights in central Stockholm with welcome dinner, breakfast, and a half-day sightseeing tour
- Four nights in Abisko National Park with daily organic breakfast buffet, traditional Swedish lunch buffet and gourmet three-course dinners
- Four exciting aurora excursions in Abisko National Park with a professional photographer guide, and use of high-quality camera, upgraded lens, tripod, backpack and batteries
- Exhilarating dogsledding experience, warm Arctic overalls and boots, access to an authentic Scandinavian sauna
- Opportunity for exploring more of the Arctic on your own (additional fees)
- All transfers and in-country flights
- Daily yoga and meditation practices with an emphasis on the seven chakras to balance our physical and energetic bodies

JOIN US!
MARCH 13-19, 2020

A six-night retreat vacation offering Stockholm sites, Arctic adventure, and a unique opportunity to see and photograph the northern lights. You will experience authentic Swedish *lagom* (balance and moderation), taste nourishing local gourmet cuisine, and practice "just the right amount" of yoga and meditation.

We will meet in Stockholm for two nights, with ample time to explore the city's cobblestone streets of historic Gamla Stan, colorful buildings, and top-notch museums. Then, we fly north of the Arctic Circle, basing ourselves for four nights in Abisko National Park. It is one of the best locations in the world for stargazing and astrophotography due to its dry and clear microclimate. You don't have to be a photographer for this trip because professional instruction and all equipment is provided!

Our daily yoga and meditation practices will complement the Swedish idea of *lagom*, meaning it will be "just right" to balance our physical and energetic bodies for well-being.

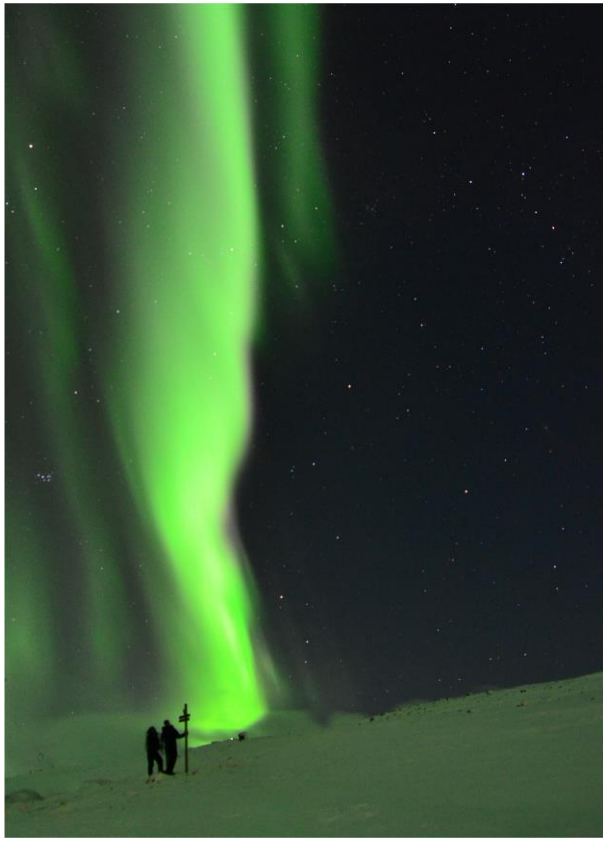
For more information and to register, contact:

WAYFINDERS YOGA

Melanie Carroll Psaltakis, LLC
(301) 801-6185
melanie@wayfindersyoga.com

Northern Lights and Yoga Retreat Sweden

March 13-19, 2020



Northern Lights

Brilliant, colorful lights swirl, arc and dance across the Arctic skies. Caused by the interaction of solar wind with the Earth's magnetosphere, the aurora borealis, or northern lights, are one of nature's greatest celestial events. Our bodies are also affected by waves of energy fields from the earth and even energy fields from other people. A yoga practice helps us maintain our physical alignment, which is critical to keeping our energetic bodies in balance, our breath unrestricted, and our energy flowing to create our own brilliant inner light.

OPTIONAL ARCTIC ACTIVITIES: MORNING HIKE IN ABISKO NATIONAL PARK, SAMI AND REINDEER EXPERIENCE, EXPLORE THE ICEHOTEL, FJALL TO FJORD – DAY TRIP TO NARVIK (NORWAY), SNOWMOBILE ADVENTURE, SNOWSHOE HIKE, LANDSCAPE PHOTOGRAPHY ADVENTURE, AND ICE FISHING!

CONTACT MELANIE PSALTAKIS FOR MORE INFORMATION AND BOOKING

Your Yoga and Meditation Teacher

Melanie Psaltakis, E-RYT 500, believes that a yoga practice should create strength, flexibility, endurance, and balance – both on the mat and off the mat. As a longtime student and teacher, she is guided by the essence of traditional yoga teachings, the training she's received from many modern talented teachers, and her own insightful and spirited lifeforce. Specializing in trauma-sensitive yoga that emphasizes energy balancing, Melanie's slow-flow practices are effective, relevant, and transformative. They honor the light of awareness that resides in each of us so we can live our lives to the highest potential.

Registration and Payment

Contact Melanie Psaltakis to register. This is an exclusive tour for only 10 people! Sign up now!

Double Occupancy: $3,250/person if $750 deposit is paid by Early Bird date of July 15, 2019. $3,350 after July 15. See registration agreement for payment dates and cancellation policy.

Single Occupancy: $3,500 if $750 is deposit paid by Early Bird date of July 15, 2019. $3,600 after July 15. See registration agreement for payment dates and cancellation policy.

Included: 6-nights lodging, most meals, yoga and meditation instruction, half-day Stockholm sightseeing tour, services of a professional photographer and aurora guide, photography equipment (camera, upgraded lens, tripod, backpack), two-hour dogsledding excursion, Arctic boots and overalls, in-country flights between Stockholm and Kiruna, and airport transfers.

Not Included: Airfare to and from Sweden, some meals, yoga mat, optional tours, memory card for camera, trip insurance, and optional tips.

Melanie Psaltakis: melanie@wayfindersyoga.com