

Retreat Schedule

Designed for your enjoyment and benefit, yet you decide how much to participate in. A more detailed schedule with time will be available in the reception upon arrival.

First Day (1)

- Arrival, after 16:00 – get unpacked and take a look around.
- **Dinner**, served from 18:00 to 19:00 — welcome to a delightful dinner, made from the ground up of the finest plant ingredients.
- Go for a short evening stroll, enjoy one of the relax areas or soak in the outdoor jacuzzi and feel your body start to unwind.

Full Day (2 – 6)

- Meet the early morning sun as you join a guided walk by the lake, followed by some gentle stretching exercises.
- **Breakfast** — Fuel up for the day with our delicious and healthy breakfast buffet.
- An inspirational thought and some practical information for the day.
- Enjoy one of the relax areas, soak in the outdoor jacuzzi, or if you would rather be active, head out for a hike or bike ride, or play a round of mini-golf.
- On specific days you can join a guided all-day excursion: for example, canoe to a small uninhabited island in Lake Värmeln with grilling and swimming; or bike to a secluded beach for swimming and grilling; or explore Rottneros Park.
- **Lunch** — Find a comfortable spot in the sun or shade and investigate the treats in your picnic lunch.
- Go on your own afternoon excursion: hike up to Prästtjärnen; take a refreshing dip down at the lakefront; experience forest bathing; or do some sight-seeing.
- On specific days you can join a guided afternoon activity: for example, canoe or bike to Kungsvägens old ferry crossing; or visit Klässbols Linen Weaving Mill.
- **Dinner** — Once again you will be treated to a specially prepared dinner bursting with flavor and nutrition.
- Enjoy one of the relax areas or soak in the outdoor jacuzzi, take a leisurely stroll by the lake in the evening sun, and later, gather around the bonfire for sharing and singing (select evenings). Or if you prefer, find a quiet corner and relax with a puzzle, or unwind as you color a picture in our adult coloring books.

Last Day

- Meet the early morning sun again on our group walk, or stroll to your own favorite place and enjoy a last time.
- **Breakfast** — Enjoy the variety and flavor of our breakfast buffet.
- Don't miss the final inspirational thought before you take your farewells for this time.
- Check out by 10:00.

Schedule for specific days

Tuesday. Afternoon guided tour; Evening special 3-course dinner; Evening sharing around the fire.

Wednesday. All-day excursion.

Friday. All-day excursion; Evening special 3-course dinner; Evening sharing around the fire.

Saturday. Afternoon guided tour.

NOTE: The schedule is flexible and subject to change, adapting to number of guests and other changeable factors such as weather. For the most up-to-date schedule, check daily updates in the reception or touch base with our reception staff.