

B-Nature YOGA RETREAT 2 Nights - 3 Days

OSA



1 MAY. - 30 NOV.



EASY



Price Per Person:
Shared Yurts Nok 4.950,-
Private Yurts Nok 5.550,-*



OSA KAFEEN



6- 15 P.



2 Nights - 3 Days



SEA LEVEL

*In case opted for "Private Yurts", minimum 2 persons are required.

"Let the pure and wild nature of Osa rejuvenate your body and heal your soul"
Osa- the place where majestic mountains, white rivers and the Hardangerfjord meet. At this confluence you feel the vibrant energy of mother nature, absorbing its life-giving qualities.
Accommodation and meals are arranged by, and offered at the Glamping resort "Hardanger Basecamp". All participants will stay in a yurt, a luxurious way of staying as close to nature as possible, according to B-Nature's concept "Back to Nature - Back to Basic".
Also included in the Yoga retreat are several exciting nature-related workshops and activities.

DETAILS

- Retreat can be booked online: www.bactive@bnature.com or via email: bactive@bnature.com

INCLUDED

- Accommodation at Hardanger Basecamp
- 3 Meals a day + snacks and tea during the day
- Yoga instructor(s)
- Use of Yoga utensils
- Activities: kayaking and nature related workshops (making fire, edible plants)

DIFFICULTY AND SAFETY

- Minimum age 18
- No specific experience needed
- Basic physical condition required

CLOTHING AND EQUIPMENT

- Outdoor, waterproof/ water resistant clothing, warm clothes and hiking boots, bath/swim suit.
- Comfortable clothing for practicing yoga

ACCOMMODATION

- Bedlinen and towels are included
- Firewood at the fireplace is included
- Sanitary facilities are in a central building (toilets, showers, washing machine and tumble dryer).
- Possibility to choose between shared or private yurts.

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PROGRAM

Day 1

15.00-17.00	Check in, Welcome Osa Kafeen, Introduction Talking circle,
17.00-19.00	Gentle Yoga
19:30-20:30	Dinner Osa Kafeen. (Vegan/Vegeterian on request) Workshop
20:45-21:15	"Making Fire", relax at the campfire

Day 2

07.30-09.00	Morning Yoga
09.00-10.00	Breakfast
10.00-12.00	Nature walk, workshop "Edible Plants", harvest your own salad Lunch
12.00-13.00	Osa Kafeen
13.00-15.00	Free time, Kayaking
15:15-18.00	Tunnel Yoga, Gentle Yoga
18.00-19.00	Talking circle: discussion-reflection-meditation
19:30-20:30	Dinner Osa Kafeen. (Vegan/Vegeterian on request)
From 20:30	Evening at the campfire, Free time

Day 3

09.00-11.00	Morning Yoga with snacks, juice and tea in Lavu
11.00-12.00	Check-out Yurts
12.00-14.00	Brunch, Evaluation, Reflection, Goodbye

Dates

B-Nature Spring Yoga Retreat - 2 Nights - 3 Days

- Arrival Friday 07 May, Departure Sunday 09 May
- Arrival Friday 21 May, Departure Sunday 23 May
- Arrival Friday 04 June, Departure Sunday 06 June
- Arrival Friday 11 June, Departure Sunday 13 June
- Arrival Friday 18 June, Departure Sunday 20 June

B-Nature Autumn Yoga Retreat - 2 Nights - 3 Days

- Arrival Friday 03 September, Departure Sunday 05 September
- Arrival Friday 17 September, Departure Sunday 19 September