

B-Nature YOGA RETREAT 4 Nights - 5 Days



OSA



1 MAY. - 30 NOV.



EASY



Price Per Person:
 Shared Yurts Nok 9900,-
 Private Yurts Nok 11.100,-*



OSA KAFEEN



6- 15 P.



4 Nights, 5 Days



SEA LEVEL

* In case opted for "Private Yurts", minimum 2 persons are required (according to availability).

"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 coffee/tea during the day.
- Yoga instructor(s).
- Use of Yoga equipment and materials.
- Activities: kayaking and nature-related workshops (making fire, edible plants, lecture about insects).
- Excursion: Ciderfarm visit (200 Nok extra)

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 in Kafeen, Introduction, talking circle
- 17.00-19.00 Gentle Yoga
- 19:30-20:30 Dinner Osa Kafeen.
- 20:45-21:15 Workshop "Making Fire", relax at the campfire

Day 3

- 07.30-09.00 Morning Yoga
- 09.00-10.00 Breakfast
- 10.15-13.00 Going to Ulvik, option to visit the cider farms " Taste of Hardanger" or Free time
- 13.00-14.00 Lunch
- 14.00-15.30 Free time
- 15:30-18.00 Nature Yoga with hike in Osa (Nordalen, Røykjafossen)
- 18.00-19.00 Talking circle: discussion-refelction-meditation
- 19:30-20:30 Dinner Osa Kafeen. (Vegan/Vegeterian on request)
- From 20:30 Evening at the campfire, Free time

Day 5

- 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

Day 2

- 07.30-09.00 Morning Yoga
- 09.00-10.00 Breakfast
- 10.00-12.00 Nature walk, workshop "Edible Plants"
- 12.00-13.00 Lunch 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.
- From 20:30 Evening at the campfire, Free time

Day 4

- 07.30-09.00 Morning Yoga
- 09.00-10.00 Breakfast
- 10.00-13.00 Lecture about insects related to nutrition, enviroment and health togheter with lunch.
- 13.00-16.00 Free time
- 16.00-18.00 Gentle yoga in the Lavvu
- 18.00-19:00 Talking circle: discussion-refelction-meditation
- 19.00-20:30 Dinner Osa Kafeen. (Vegan/Vegeterian on request)
- From 20:30 Evening at the campfire, Free time

Dates

B-Nature Sumer Yoga Retreat 4 Nights - 5 Days

- Arrival Wednesday 7 July, Departure Sunday 11 July - Arrival Wednesday 21 July, Departure Sunday 25 July - Arrival Wednesday 4 August, Departure Sunday 8 August - Arrival Wednesday 25 August, Departure Sunday 29 August