



## Trekking, yoga, wellness at Lofoten, Norway, June , 2017

In the fantastic Lofoten peninsula in Northern Norway we are doing beautiful treks in the mountains with surroundings of fjords, the North Sea and fishing villages. We start the days with a Yoga class and finish after Trekking with different activities with focus on wellness and self-care. In the land of the Midnight sun we enjoy long days with lots of energizing activities in good company.

The aim with this weekend is for you to enjoy beautiful treks and yoga and at the same time get inspiration around nutrition, exercise and self-care that you can bring back home to your every day routine. Increasing energy, enthusiasm and contentment.





**The Weekend Schedule (might be changed depending on weather conditions)**

**Wednesday:** Arrival in Svolvær (to where you can fly from Oslo) is at around 15.00-16.00. We meet you there and go by car together to Kalle, an old trading post where you check in to the authentic Norwegian hut, called “Bårstua” where we share rooms with 2 and 3 beds in each. We have two bathrooms, kitchen and living area to share in this beautiful house from 1860, which has been recently renovated. We start the Weekend with a Yoga class, a presentation and dinner.

**Thursday:** The day starts with a Yoga class followed by a nutritious breakfast to keep us strong on the trek in the beautiful surroundings where the sea meets the mountains. During the day we stop to enjoy a tasty picnic. We have dinner in the dock house around 18.00 followed by a spectacular evening trek on the north side of the islands where we are walking up a beautiful summit with views of the north sea, hopefully, if the weather is good, in the light of the Midnight sun.





**Friday:** After a well earned sleep-in and breakfast in the morning we are doing a Trek on the island Skrova where we get to by ferry from Svolvær. A great opportunity to see what is called the “Wall of Lofoten” from a bit of a distance at sea. Coming back home to Kalle we are having dinner at Bårstua with some Norwegian specialities from the sea.





**Saturday:** The Yoga class in the morning is followed by breakfast and a full day Trek to try to reach one of the beautiful summits in the area. The choice of venue for the Saturday night dinner is open either we stay in Kalle or we go to one of the good local restaurants in Svolvær or Henningsvær (this dinner is not included in the price).





**Sunday:** The last morning starts with Yoga and ends with a meditation. After breakfast it's time for departure.





**Ulla Lindh** is a fully educated and very experienced Massage therapist, Spa therapist who is also a Yoga Teacher. She lives in the north of Sweden in a ski resort called Riksgränsen, offering her expertise through her private company since 1998.

<http://www.ullalindh.se>

**Cecilia Swensson** lives in Verbier and work as professional Ski Instructor at the Swiss National Ski School, she is also a fully educated Masseuse and Yoga Teacher. She is a trained trekking guide and worked in the Scandinavian Mountain Range for 10 years, while also doing various Treks/Climbs in the Alps, Nepal, Pakistan and China.

<http://walktalkandeat.com>

[http://www.mountainguide.nu/anders\\_guide/index.html](http://www.mountainguide.nu/anders_guide/index.html)

**Cecilia and Ulla** have been offering Treks with Yoga and Massage in Switzerland, Italy, Sweden and Norway since 2006 and have so far had more 40 groups.