



Astanga Yoga Ecological Retreat Finland



Imagine an island with no shops or cars and very few people.

Here is a unique opportunity to experience yoga in untouched and idyllic surroundings, far away from city lights, where the sun rises at 4 am and sets at 11 pm. this island is called *Kaderno* and is situated about 10 km north east of *Hanko*.

You will stay in one of two houses. Both are old fashioned, traditional villa style, such as was common in the twenties. Water is from the well and hot water is available in the sauna, please note the toilets are also ecological as there is no running water on the island.


This is a yoga retreat, a place to go to improve your yoga techniques, relax and concentrate fully on your well-being. As well as yoga there may be spontaneous boat excursions to other islands, swimming, sauna, canoeing and much much more. During August there will be visiting dance teachers from Cuba and Argentina, with optional tango and salsa classes (20 euros per day payable locally), please ask us for more details..

The Astanga Yoga

Each morning there is a class for **beginners** and also a class for **experienced** practitioners. Beginners should be fit, reasonably supple and prepared to take 2 - 3 days to settle into the routine. Pranayama and Meditation takes place each evening and there is some Karma Yoga during the day.

Stefan Engstrom, your teacher, has been practising yoga since 1990, learning with Pattabhi Jois and other teachers.



Yoga Weekends			
Apr 14th - 17th (Easter)	4 Day Astanga Yoga Retreat	Stefan Engstrom	£250
Apr 14th - Apr 23rd (Easter)	10 Day Astanga Yoga Retreat	Stefan Engstrom	£495
May 12th - May 14th	Weekend Astanga Yoga Retreat	Stefan Engstrom	£145
June 23rd - June 25th	Weekend Astanga Yoga Retreat	Stefan Engstrom	£145
Sep 1st- Sep 3rd	Weekend Astanga Yoga Retreat	Stefan Engstrom	£145
Oct 6th - Oct 8th	Weekend Astanga Yoga Retreat	Stefan Engstrom	£145
Yoga Weeks:High Summer: between June 25th and August 25th - also see dance 'add-ons' below			
5 days	Astanga Yoga Retreat	Stefan Engstrom	£300
two weeks	Astanga Yoga Retreat	Stefan Engstrom	£575
three weeks	Astanga Yoga Retreat	Stefan Engstrom	£820
Dance Weekends 'add-ons'			
	August dates open	Salsa and yoga - everybody is welcome to participate. 2-3 hours per evening	Migule Verdecia from Cuba appx 80 euros payable locally (plus week or weekend cost as above)

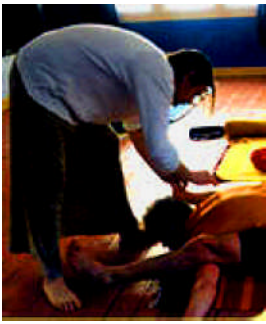
Plan to arrive in Helsinki on Sunday by 2.30 pm, return on a Friday evening flight . Or arrive a day early and stay in the Helsinki Youth Hostel - good and cheap. The simple transfer is by train and boat.

Included: full board, yoga fees and vegetarian food

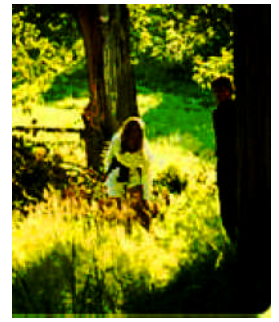
Not included: flights (from £89) and insurance

Questions and bookings: please contact the office on: 01273-564230





The Midnight Sun Astanga Yoga Ecological Retreat Finland



The place

is Stefan Engstrom's home for five months of the year. A 2-storey house up on a rock overlooking the sea. It has four double bedrooms for guests. The house is built in an old fashioned traditional villa style as was common in the twenties. For the retreats we take up to 16 students so as to be able to create a nice close - knit group and a family atmosphere. *There are no shops or cars and hardly any other people on the island.*

The Island

is called Kadermo and it is situated about 10 km north east of Hanko.

It is one of thousands of islands and skerries of different sizes, many of them as untouched and free as at the moment of their birth.

This is a unique opportunity to experience yoga in untouched and idyllic surroundings far away from city lights where sunrise is at 4 am and sunset at 11 pm.

Where else can one listen to such silence, broken only by the sound of an owl hooting in the night, a woodpecker hacking away at a pine tree, seagulls squalling, a deer crying in the morning mist?

This is the place where you can re-establish contact with your true-self and with nature. Come and move in to stillness with us.

The Retreat

The workshops are suited both for beginners as well as for those who have a good self-practice. The retreat is open mainly during the summer months, but sometimes for weekend workshops during the rest of the year.

During the summer season you can come to stay for five days, a week, several weeks or even months if you so wish. The longer you stay the lower the fee.

On special agreement we also host other guest teachers and lecturers who are on the path of self development.

We serve only pure vegetarian food and lodging is in double bedrooms.

A typical day at the retreat

07:00-09:30 Yoga Asana

10:30-12:30 Brunch

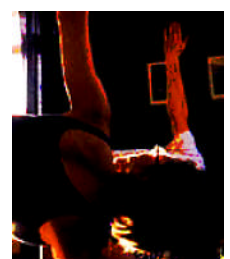
13:00-14:30 Karma Yoga

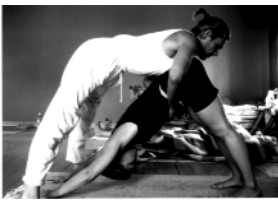
14:30-16:00 Rest

16:00-18:00 Dinner

19:00-20:00 Sauna

20:00-22:00 Pranayama and Meditation



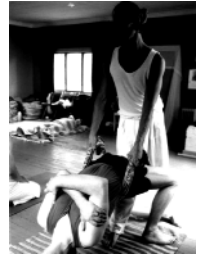


Ashtanga Vinyasa Yoga

often referred to as aerobic yoga is a dynamic system gracefully, synchronizing the breath with movement, blending together and promoting flexibility, strength, stamina, balance, breath control and relaxation.

Each asana is connected by breath - synchronized movements called vinyasa. A full vinyasa is performed between each asana and a half vinyasa between left and right sides. This acts as a counter pose to the previous asana, increasing blood circulation and relieving any stiffness before entering the next asana. By performing vinyasa the student develops and maintains heat in the body causing profuse sweating. This is necessary for the elimination of toxins.

In each asana the student engages a specific drusthi or gaze point. By focusing on the correct point it enables the student to extend deeper in to the asana and further centres ones concentration.



With practice the breathing, bandhas and drusthis becomes one with the flowing rhythmic movements resulting in a slow motion gracefully system of entering, maintaining and exiting the asanas, It is then the student begins to gain insight into meditation in movement.

Within the Ashtanga method there are over two hundred classical asanas. These are grouped together in a specific order known as a series. There are three groups of sequences in the Ashtanga system.

The first or primary series known as yoga chikitsa (yoga therapy) is designed to therapeutically align the body.

The second or inter-mediate series or Nadi Shodana (nerve purification) works on the nervous system and it is more intense than the primary series. The third or advanced series called Sthira Baga is even more intense cultivating tremendous strength, flexibility, control and stamina.

Each series consists of warm-ups (sun salutations), standing poses, forward bends, back bends, twisting, balancing, inverted asanas, strengthening and cooling down asanas followed by relaxation.

Each asana has its own therapeutic value as well, but only when it is performed in the context of the complete series are its effects properly manifested. With the practice of the asanas in the correct order, the use of bandhas, drusthis and correct breathing utilizing the vinyasa system, the student is able to progress very rapidly.

The almost infinite depth of Ashtanga Yoga becomes apparent with regular practice. The development and maintenance of physical well-being, emotional equanimity and spiritual unfolding are the benefits to be gained through this age-old discipline.

This system of Yoga may be as old as 5000 years and it is still taught in South India by K.Pattabhi Jois, now over 80-years old.

Read more about the yoga. Ashtanga Yoga IN THE TRADITION OF SRI K. PATTABHI JOIS



The Teacher

Stefan Engström is the owner and resident teacher of the Midnight Sun Astanga Yoga Retreat. He has been practising this form of Yoga since 1990 and have been training with several teachers in Europe and Australia. He has also spent extended periods of time in India, learning with Pattabhi Jois and other prominent teachers of this form of yoga

Every summer, for the month of July, we also try to invite a second guest teacher. We are multi-lingual teachers offering tuition in most European languages. (Swedish, Finnish, English, Spanish, German).

About the Midnight Sun Retreat

This is a Yoga Retreat, as opposed to a Yoga Holiday, and there are two requests; the first is for no alcohol to be consumed on the island and the second that everyone attends the Yoga and Pranayama sessions.

Incorporated into this holiday is Karma Yoga which is participation with duties such as washing up, collecting well water for drinking, and some food preparation.

The TOILETS are ecological sawdust toilets, they are not flush toilets - a characteristic of Finnish summer homes - they are in separate buildings outside the two houses.

The DRINKING WATER is brought up from wells on the island and often has a natural colouring to it. This water is very rich in mineral content. Be sure to pack an empty water bottle that you can use for your own personal supply of water.

The YOGA sessions are divided into Beginner and Advanced Student sessions, and usually by the 3rd - 4th day the Beginners are integrated into the Advanced Group, these take place in the morning with Beginners at 8am, and Advanced at 9am. With the exception of Beginners, most is Self Practice with guidance from Stefan, who will assist advanced students into working on new Asanas once he is satisfied with present abilities. The teaching is of an impeccable standard

In the afternoon everyone participates in the Pranayama (breathing exercises and meditation). The Yoga runs for approximately 2 hours and the Pranayama approximately 1 1/2 hours

The WASHING FACILITIES are Indian style. This means there are bowls, buckets and a scoop. The bathing is done using these utilities. There is a container of cold water and one of warm to hot water. There is no running water. Washing is usually unisex, however participants are usually mindful of this and will respond respectfully to peoples requests.

The washing room is also the SAUNA ROOM and the Sauna is often used on most evenings depending on the wishes of the participants.

CLOTHES WASHING takes place in the sauna room, and there is an outside clothes line for drying items. We suggest you take minimal clothing on this retreat. SHOES are not worn inside any of the houses, strong shoes/trainers are most suited for this place. It is a good idea to take two towels, one for bathing in the sea and the other for normal washing.

TORCHES are necessary for those holidaying in August/September as it gets dark around 8.45pm and there is no lighting between the two houses, please remember to pack spare batteries.

FREE TIME for participants includes opportunities for swimming in the sea, exploring the island by foot or canoe, reading in the sitting room, playing piano or guitar in the cafe room or entertaining each other creatively e.g. dancing and singing. There is usually an opportunity mid week to visit the mainland

ACCOMMODATION is divided between two houses that are eight minutes walk apart.

The first house is near the Yoga room and belongs to Stefans' mother and accommodates up to 8 guests. Whilst beds are provided participants are requested to bring their own sleeping bags. Most accommodation is in twin rooms although there are two double rooms and one 3 - 4 bed room.

The other house belongs to Stefan and accommodates between 7 - 8 guests. It is also the communal house for eating and recreation outside planned activities. There is a radio and cassette player in Stefans' house for listening to music or Finnish radio stations! Outside there are benches for sitting, eating, reading and relaxing in the sunshine.

WEATHER the summers can be hot although there are occasional wet days, a lightweight waterproof is advised.

In the latter part of the season, mid August onwards, the evenings can be cool so an extra sweat shirt or jumper is useful plus spare pair of socks

During the season there can be an abundance of mosquitos so insect repellent is strongly recommended!!

The **VEGETARIAN FOOD** provided on this holiday is very substantial and suited for the demanding style of Ashtanga yoga practised. A typical day commences with porridge made from either oats, millet, semolina or other grains, mixed with apples, raisins and cinnamon. This is eaten in the mornings after yoga. Evening meals usually consist of pulses, rice, mixed or roasted vegetables and a salad. Herbal teas and water provide the bulk of liquid refreshments. During the latter part of August there are wild blueberries for picking which are very edible.

Desserts are not always prominent and if you have a sweet tooth we suggest you stock up with duty free chocolate - this will guarantee many friends on the holiday!

KADERMO island is 2.5km by 1.5km, it is beautiful, tranquil, clean, unspoilt and uplifting. there are rocky plateaus to climb, pathways to explore and many wonderful natural sights. Taking an afternoon to canoe around the island is highly recommended for a leisurely way of touring, and taking in the peaceful sights of this island. It takes approximately 2 hours to do this, depending on navigational skills!

This retreat is very suitable for people willing to work and live as a community. The delegation of jobs (Karma Yoga) brings people together, it is unique, a lot of fun and many people return to this little jewel of Finnish tranquillity.



Out of season workshops at the Retreat



The retreat is open for weekend workshops throughout the year, but not during July and August when we have the longer retreats. Please check when is the next weekend workshop as we have them once a month .

During the summer season you can stay for a five days, several weeks or even for months if you wish. The longer you stay the more beneficial it will be for you.

For some people being in the tranquil space of the island of Kadermo causes them to relax at once, for others it sometimes takes 3-4 days to unwind and often they initially feel very tired. This is in part due to there being none of the usual demands put onto people, plus the yoga causes bodies go through a cleansing process and benefits may take several days to arrive

whilst this is progressing.

Wherever possible it is recommended that people stay for 10 - 14 days to fully benefit from the experience of this holiday, however, it is appreciated that for some people 7 days is the most time available and this still provides an excellent break.

It is also possible to come and stay at the retreat outside the normal course and workshop period, by special request.

During this time there is no tuition and we all practise asanas together in the mornings and pranayama in the evenings and help each other when needed. During these special sessions the participants take care of all cooking and cleaning themselves. Building, painting and handicraft work are carried out in this period and you are also welcome to participate.

Other Activities at the Retreat

We also offer Argentinian Tango and Salsa from time to time to spice up your stay at the Retreat.



Tango dates tba

Oscar Prada from Argentina will give a tango seminar-course fro 2-3 hours per day

Salsa - August (dates open)

Miguel Verdecia from Cuba will give a salsa seminar-course for 2 hours per day

Cost for both of the above is about 80 euros payable locally to the teacher - all levels are welcome



Evening classes in Helsinki

We also teach in Helsinki. If you are resident in Helsinki or visiting please contact us to check which evening or morning class suits your time schedule.



Getting there during the summer season:

You can only arrive on Sunday evening and leave on Friday after brunch (at 1 p.m.).

If you are travelling from abroad we recommend you choose a flight that arrives in Helsinki on Sunday by 14.30 or arrive on Saturday and stay overnight at the **YMCA** or a **local hotel Kongressikoti** 00 358 9 135 6839 (good and economical). For more luxury try the Hotel Kamp 00 358 9 576 111 (an upmarket hotel part of the Sheraton chain) & Scandic Hotel Simonkentta 00 358 9 683 80 (modern and comfortable with a sauna).

On your return we suggest you book a late evening return flight, or again make use of the local hotels / hostel .

Flight companies :

www.duo.com	(from Birmingham & Edinburgh)	<i>internet only cheap flights</i>
www.ryanair.com	(from Stansted & Gatwick)	<i>internet only cheap flights</i>
www.flyingfinn.fi	(from Stansted)	<i>internet only cheap flights</i>
Finnair (£159 - £179)	0870-241 44 11 from Heathrow, Gatwick and Manchester	
www.BA.com	(£190 to £240 approx.)	0845-773-3377 Heathrow

There is a train connection from Helsinki to Hanko at **4 pm** on Sunday and costs between 12 & 20 euros. The train journey takes about 2 hours

The airport bus connection from the airport to the main railway station of Helsinki takes 1/2 hour and costs about 5 euros.

It works best for Stefan and his evening yoga session if you can catch the above train otherwise additional cost may be incurred (see below).

If you wish to travel a few days earlier to explore Helsinki we understand that the local Youth Hostel is extremely good. Phone the Youth Hostel Association in the UK for more details.

Please note:

if the connection with Stefan in Hanko is missed there is sometimes a later train, however this will result in your having to travel by:-

- TAXI to the Engstrom Jetty from Hanko which will cost approximately 50 euro and then
- RIVER BOAT to Kadermo Island which will cost approximately 50 euro

If you have any questions at all please contact us in the Free Spirit office, we will be happy to help.

UK Agents

Free Spirit Travel

153 Carden Avenue, Brighton BN1 8LA

Telephone: 01273-564230

Email: info@freespirituk.com

www.freespirituk.com