



Autumn retreat 23-25 October 2026



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For the third time, we welcome you to a retreat in Sörbyn – a weekend dedicated to rest, recovery and renewed energy. A few days where you can slow down, arrive in the moment and give yourself time to recharge.

Autumn invites us to turn our attention inward, let go of the summer and all that has been, and give ourselves time to restore our energy. Through yoga, mindfulness and Ayurveda, among other practices, you will gain inspiration and practical tools to reduce stress, support recovery and create greater balance in everyday life.

Getting away from everyday life is an important part of the retreat experience. At Sörbyn Lodge, you will stay beautifully situated by the lake, surrounded by the nature of northern Sweden. Choose between a hotel room or cottage, and let the peace, nature and a good night's sleep become part of your recovery. On Saturday evening, you can also enjoy a wood-fired sauna by the lake.

With specially selected meals, comfortable beds, Ayurvedic treatments and practical exercises, we welcome you to a few wonderful days – a warm and gentle pause for body, mind and soul.

No previous experience is required to take part.

When	23-25 October. The retreat begins at 12:00 on Friday, 23 October.
Where	Sörbyn Lodge in Sörbyn, Venue: Utsikten
How	Registration closes 16 October. Booking: www.sorbyn.se/events
Pris	SEK 5,890 per person, including shared accommodation in a double room, meals, meal beverages, one treatment and the full retreat programme.
Without accommodation	SEK 4,990
Single room supplement	SEK 550

If you are employed in Sweden, you may be able to use your wellness allowance (friskvårdsbidrag) towards the treatments or course fee.

Ayurveda and SiddhaVaidya Treatments

One treatment is included in the basic programme for the weekend: Siddha massage or Abhyanga. Read more about the treatments on Rovilan's website: www.rovilan.se/ayurveda
Not sure which treatment is right for you, contact Cecilia at Rovilan: cicci@rovilan.se

Qigong, mindful yoga and mindfulness

Where do we spend most of our time – in our thoughts? How often are we truly present in our bodies, in what we are doing, or in the situation we find ourselves in?

Through exercises in qigong, mindful yoga, mindfulness and self-compassion, we can develop a deeper understanding of our physical signals, thoughts, emotions and behaviours. This awareness can help us respond in more helpful ways and deepen our understanding of ourselves and others.



Slow down. Let go. Restore.

We practise balance, coordination, mobility, posture, awareness, attention, focus, concentration and breathing. The exercises can help you manage stress and develop a more accepting relationship with yourself, your body and what is happening in your life. More information at www.kbtkompassen.se

Food as Part of Recovery

All meals are served at Restaurant Kalkkällan at Sörbyn Lodge.

- The day begins with breakfast and a shot of ghee, ginger and honey.
- Lunch is our main meal and consists of kitchari – a nourishing and easy-to-digest dish made with mung beans, rice and root vegetables.
- For dinner, we serve a hearty soup with seed crackers and ghee, followed by an Ayurvedic-inspired dessert.
- Berry and fruit smoothies are served in the morning and afternoon.

We avoid sugar and refined white flour. You are welcome to continue eating according to this approach for 3–5 days after returning home, or begin a day or two before the retreat.

PROGRAM

The programme includes several fixed times. Depending on the number of participants, some activities may be adjusted to accommodate treatment appointments. Treatment times are also available from Friday morning.

Fredag 23 oktober

12.00 Lunch
13.00 Start/introduction
14.00 Treatments & activities
19.00 Dinner

Lördag 24 oktober

07.00 Morning practice
07.45 Breakfast
08.30 Treatments & activities
13.00 Lunch
14.00 Treatments & activities
19.00 Dinner
20.00 Wood-fired sauna by the lake

Söndag 25 oktober

07.00 Morning practice
07.45 Breakfast
08.30 Treatments & activities
13.00 Lunch
14.00 Treatments & activities
15.00 Closing circle & departure