

# BISKOPS ARNÖ

- Seasonal Retreat in Sweden -



**bodymind**  
concepts

# BODYMIND

## days at the historical island Biskops Arnö

We're welcoming you to three lovely days in a beautiful part of Sweden. An opportunity for you to be inspired and rejuvenated. The retreat is held at Biskops Arnö close to Bålsta. It's a beautiful little island at a bay of the sea Mälaren. So still and peaceful, just 40 kilometers from Uppsala and 60 kilometers from Stockholm. Stockholm Arlanda airport is where you fly in ( more about how you get here follows).

You'll be sharing this experience with participants from many countries. In between the Bodymind classes we leave time for enjoying nature, swimming, sunbathing or just to chill and enjoy the lovely late summer days. We'll be inspiring you with Yoga, Pilates, Tai Chi & Chi Kung, Meditation and Feldenkrais – all in harmony with the season, late summer.

The Retreat is for you who wants to charge your batteries and also for you who want inspiration for your teaching.

The food served at Nordens Folkhögskola is very fresh and of excellent quality, we enjoy most meals out, if the weather is nice. Our first evening we'll be enjoying our evening meal at the barbecue place just by the water side.

Susan Woodd and Tina Hedrén will guide you through this Retreat. They have spent ten years working together with body-mind programs and in many countries. Susan is based in England and has experiences from her own Shi-atshu school, radio-shows over the topic Health, numerous years of teaching Tai Ji, Qi gong and Yoga. Susan has written several books and produced many DVDs.

Tina Hedrén lives in Sweden and is the director of Bodymind concepts. Tina is a Feldenkrais Practitioner, yoga teacher and has a long background with gymnastics, dance and fitness. Together with Susan they have created the 1-year Seasonal Yoga Training and the Bodymind Kids program. Tina is also one of the founders behind the new training Seasonal Pilates.

Susan and Tina are truly looking forward to share their experiences with you!

## Program August 20-22

### Day 1 Friday August 20

- 09.30 A Warm Welcome
- 09.45 Feldenkrais lesson ATM  
(Awareness Through Movement)
- 11.00 Seasonal Yoga
- 12.15 Lunch & free time to spend in nature
- 15.00 Seasonal Pilates
- 16.45 Dinner (barbecue by the water if the weather is fine)
- 18.30 Chi Kung
- 19.30 Evening meditation

### Day 2 Saturday August 21

- 07.00 Seasonal Yoga
- 08.15 Breakfast
- 09.15 Feldenkrais ATM
- 10.30 Tai Chi In Nature - then walk,  
swim or chill with friends
- 12.15 Lunch
- 15.00 Seasonal Pilates
- 16.45 Dinner
- 18.30 Chi Kung
- 19.30 Evening meditation
- 20.30 Evening together at the  
Bishops Old Kitchen

### Day 3 Sunday August 22

- 07.00 Seasonal Yoga
- 08.15 Breakfast
- 09.15 Feldenkrais ATM
- 10.30 Chi Kung & meditation out in nature
- 12.15 Lunch
- 15.00 Closing ceremony

*With a small reservation for changes depending on the weather*



## Early Bird Price 20-22 Augusti

199 Euro. Sign up before June the 15th 2010.  
Price 295 Euro.

Full pension at the island Friday – Sunday 134 Euro.  
Additional night costs 25 Euro

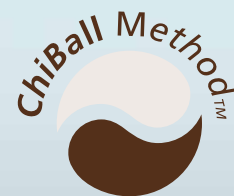
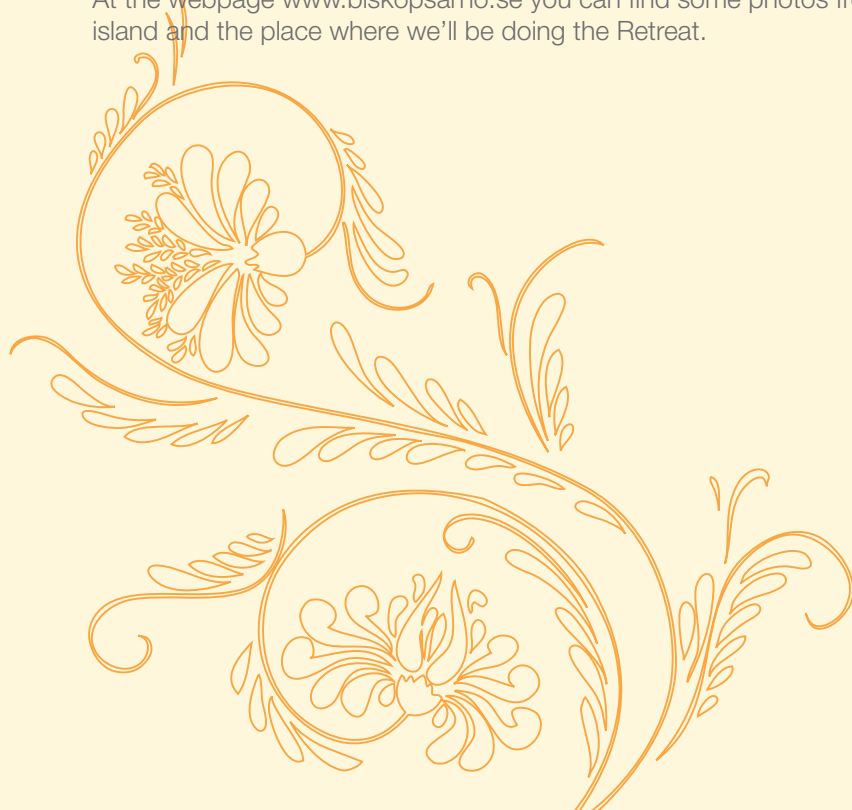
### How do I get to Biskops Arnö

The easiest way is to fly in to Stockholm Arlanda Airport. Please note that companies like Ryanair that write destination Stockholm are far away from Stockholm and our island. If you want to pre-book a taxi to take you to Biskops Arnö we recommend the company 'Bålsta Taxi'. They have a set price to the airport, phone + 46 771 147 000.

In July when we have a list of all participants we can help out to book a bus or a larger taxi if that can be helpful.

By car it takes about 40 minutes from the airport to the island.

At the webpage [www.biskopsarno.se](http://www.biskopsarno.se) you can find some photos from the island and the place where we'll be doing the Retreat.



If you want to join Susan and Tina already on Thursday the 19th you're more than welcome! They'll be giving a ChiBall Level 2 Update for Late Summer. It's a 1 day course 09.00 -17.00. This day you receive a new choreography-DVD, music-CD and new manuals for the earth element and the exercises for the late summer. The price for this training is 175 Euro.

Please don't hesitate to come back with questions concerning this day, read more on [www.chiball.com](http://www.chiball.com)

### Level 2 Late Summer with Susan Woodd & Tina Hedrén

August 19th 09.00 – 17.00

At Nordens Folkhögskola/Biskops Arnö

Visit [www.chiball.se/shop/kurser](http://www.chiball.se/shop/kurser)

to apply or contact us for helping you to join this lovely ChiBall day!





## Application Form

**Biskops Arnö Seasonal Retreat August 20 – 22 2010**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Zip code & City: \_\_\_\_\_

Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

E-mail: \_\_\_\_\_

### I want to book the following please mark:

- Seasonal Retreat 199 Euro ( signing up before June the 15th 2010)
- Seasonal Retreat 295 Euro
- Accomodations & Meals 134 Euro Friday – Sunday
- Day package 14 Euro ( including morning tea, lunch and afternoon tea)

Accommodation/ I'm arriving and departing, fill in days please:

Arrival: \_\_\_\_\_ Departure: \_\_\_\_\_

If possible I want to share a room with: \_\_\_\_\_

*We're forwarding this booking to the venue (Nordens Folkhögskola), we have negotiated a special price for the Seasonal Retreat participants)*

- Special diet

Fill in if there's anything you need to avoid: \_\_\_\_\_

Accommodation & Meals will be paid to the Foundation & School "Nordens Folkhögskola". We'll give you more information about this when we receive your application form. The invoice for the three day Seasonal retreat is sent from Bodymind concepts. **Last day to apply is July Monday the 19th 2010**

### Please, send or mail your application to:

Bodymindconcepts, Läby Österby 113, 755 UPPSALA, Sweden  
Phone + 46 708 31 12 15 · E-mail: [tina@bodymindconcepts.se](mailto:tina@bodymindconcepts.se)  
[www.bodymindconcepts.se](http://www.bodymindconcepts.se)

### Payment and cancellation policy

As we receive your application we're sending you an invoice. The invoice is in English, in Euros with all information for easy International Payments/Transfers. July the 20th you will receive the list of participants and additional information. If you get ill and have to cancel we pay your money back minus 30 Euro that we use for administration, or if you prefer we simply transfer you to our Retreat week 33 in 2011.



*We are not human beings in search of  
a spiritual experience. We are spiritual  
beings immersed in a human experience.*



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