

*Discover the Perfect Venue*

# 2019 GUIDE TO SCANDANAVIAN RETREAT VENUES

*For Your Next Retreat*



RETREATS AND VENUES



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*Discover leading retreats,  
stunning venues  
and welcoming hosts  
AROUND THE WORLD*



## RETREATS AND VENUES

510 W Hastings St, Vancouver, BC V6B 1L  
Phone: +1 604 779-1459 Email: [matt@retreatsandvenues.com](mailto:matt@retreatsandvenues.com)  
[www.retreatsandvenues.com](http://www.retreatsandvenues.com)



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**SCANDANAVIA**

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around the world



## Dharma Mountain Meditation & Freedom Resort

40 PEOPLE

21 ROOMS

HEDALEN,  
NORWAY

RETREAT  
CENTER

OSLO AIRPORT

Description : Dharma Mountain was built around Vasant Swaha. He envisioned a place for people to reconnect with their inner peace, to find their true potential as a human being on a physical, emotional and spiritual level. With over 20 year of experience hosting retreats we welcome you with care and love. Our kitchen serves tasty vegetarian food. The wild and peaceful nature supports any retreats happening. Welcome to the peaceful mountains!



[instagram.com/dharma\\_mountain](https://www.instagram.com/dharma_mountain)

[dharmamountain.com](https://www.dharmamountain.com)

## Margretheholm Mindfulness Manor

16 PEOPLE

9 ROOMS

MULLSJÖ, SWEDEN

FARM

GOTHENBURG AIRPORT

At Margretheholm Mindfulness Manor we have a deep passion for diving beneath the surface. Our goal is to help you reach that place deep within yourself where there is true peace and equanimity, to develop a mental robustness towards the stresses of modern society. We wish to teach you to reconnect your body with your mind through well-documented practices like mindfulness and yoga.



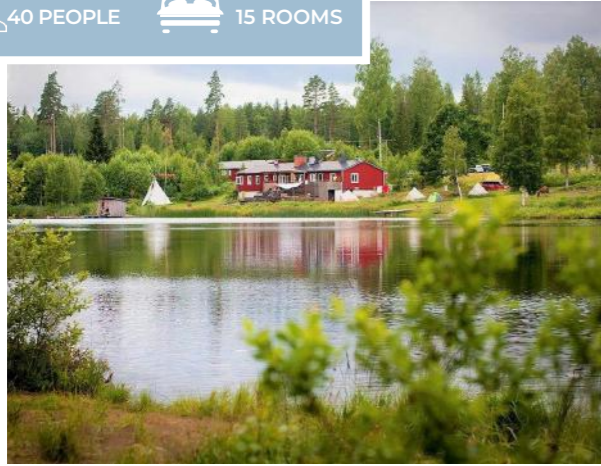
[margretheholmmindfulness](https://www.instagram.com/margretheholmmindfulness)

[www.mindfulnessmanor.com](https://www.mindfulnessmanor.com)

## VENUES & RETREATS

# Shambala Gatherings

40 PEOPLE 15 ROOMS



SKINNSKATTEBERG, SWEDEN

VÄSTERÅS AIRPORT

RETREAT CENTER

shambalagatherings

### FEATURES

Shambala is an intimate yoga community and retreat centre in the middle of the Swedish forest. In coming to Shambala you will not only have access to the teachings of top international yoga teachers and teachers from other disciplines within spirituality and the path of self growth, you will also encounter the Shambala community who, with open arms, receives and serves the guests with a heart warming and homely family atmosphere.

shambalagatherings.com/

# Villa Mandala



HELSINKI-VANTAA AIRPORT

LOVIISA, FINLAND

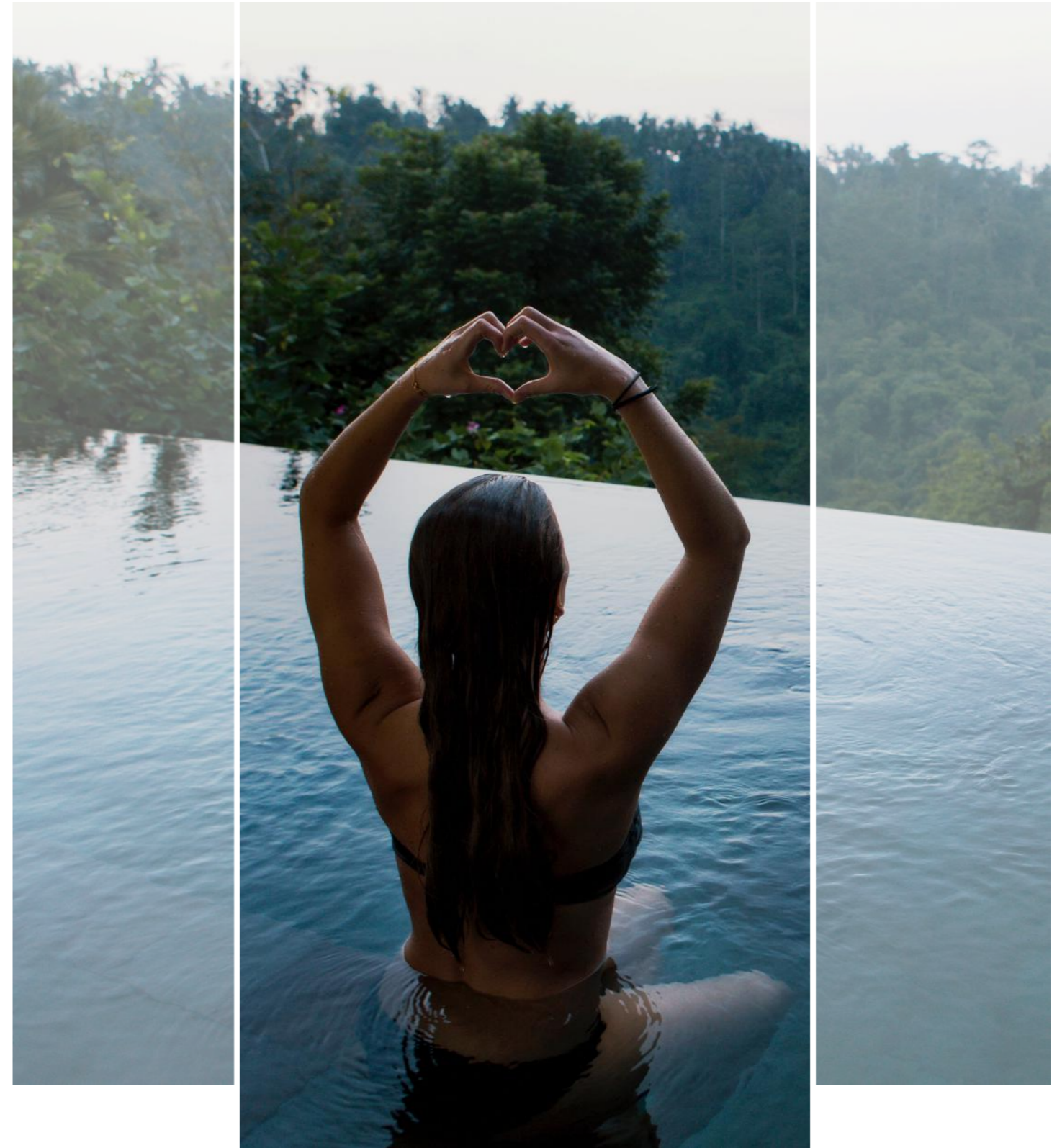
VILLA

www.instagram.com/villamandala/

### FEATURES

Villa Mandala is a high quality wellness center in Loviisa. We provide high-quality course and retreat services for holistic well-being of the body and mind. We are experts in non-rush, recovery and stress-free. We are located in paradise nature in a quiet countryside. We promise the best possible framework for the most important change in your life: making your well-being the number one priority.

www.villamandala.fi



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