

**Self-love and Self-compassion Immersion**  
**-a yoga and meditation retreat for true self-care at Cal Reiet**

**with Anna Wikfalk**

**2-5 May 2022**

**DESCRIPTION**

Welcome to this yoga and meditation retreat where you will have the precious opportunity to explore and swim in self-love and self-compassion! The deep intention with this retreat is that you will be able to explore how to become more compassionate and forgiving towards yourself both on the yogamat, the meditation cushion and in life.

There is a tremendous power in treating ourselves with kindness and compassion which is often misunderstood. In our modern times there is a strong belief that we need to push and self-criticize to motivate ourselves, to create change, and develop. If we are used to this approach in our daily life, we easily bring the same attitude of striving and harshness to the yoga mat. Simply because that is the known way of operating. We might not be aware of that there is another way of doing, or rather being, life.

In this retreat you are warmly welcome into exploring another way! Self-compassion means that we are kind and supportive to ourselves when we are confronting challenges and setbacks. It includes self-acceptance but goes beyond as it includes an active element of self-care, of really wanting the best for ourselves. Research has shown that treating ourselves with compassion and kindness actually have tremendous benefits including: people that are self-compassionate are more tolerant with themselves, less afraid of failure and therefore less afraid of trying new things; self-compassion gives the emotional support to create desired changes, and people who are practicing self-compassion to a higher degree takes responsibility for their actions.

During this retreat self-compassion and self-love will be weaved into all of the practices. Instead of constantly treating yourself as someone that needs to improve and become "better", you are invited into a world where your human imperfection is embraced.

*The purpose with self-compassion is not to become "perfect", but rather to be allowed to remain perfectly imperfect. It is about becoming friends with the one we already ARE.*

Practices during the retreat includes:

Slow flow yoga

Hatha yoga

Yin yoga

Restorative yoga

Self-compassion meditations

Self-love meditations

Breathing through breathwork practice and pranayama

Workshops including reflections around the themes

### **Daily program**

**(times might slightly change)**

#### **ARRIVAL DAY 2nd May**

Check-In starting from 15:00 h

17:00 – 18:30 h Welcome Yoga Session

19:15 h Dinner

#### **3rd and 4th May**

7:00 – 9:00 h Morning Yoga & Meditation Session

9:00 – 11:00 h Breakfast

16:00 – 18:30 h Afternoon Session including restorative/yin yoga and workshop

19:15 h Dinner

#### **DEPARTURE DAY 5th May**

7:00 – 9:00 h Closing Morning Yoga & Meditation Session

9:00 – 11:00 h Breakfast

11:00 h Check-Out

## ABOUT ANNA

Anna has been teaching yoga since 2007, when she came a certified yoga teacher from Yoga Thailand and since then has taken many other yoga trainings. She has a deep passion for mindfulness meditation and self-compassion which she has been teaching since 2010. She is trained in many mindfulness and self-compassion programs such as MBSR, MBCT, MBCPP, MB-EAT, MECL, MSC, Self-compassion for teens (MFY) etc.

Anna is running a yoga-and meditation studio in Stockholm since 2007. She is also one of the persons behind the highly praised meditation app: The Mindfulness App, where you will find many meditations with Anna. The app includes over 250 meditations with some of the internationally most respected meditation teachers and has been translated into 10 languages.

Anna's unique teaching style is creating a warm, loving and non-judging environment free from dogma where everyone is met where they are.

### Said about Anna's teachings and retreats:

"Many warm thanks for an almost unbelievable beautiful retreat. So valuable and inspiring. The memories from this retreat will be with me for a long time".

"This was truly a wonderful retreat and "easier" than I thought. Of course it was much thanks to Anna in how she guided and held the group".

"Warmest thank you for a fantastic weekend, absolutely wonderful!  
So once again THANK YOU for everything you give which makes me not only feel calm, balanced and harmonious during the retreat but also, thanks to all of your wisdom and how you convey it, makes it possible to bring the valuable attitudes from the retreat into my everyday life."

"I really love the layout of your yoga sessions! You as a yoga teacher have given me many insights as you always start with some wise thoughts that make me pause and reflect about important issues in life. You are a fantastic person and I hope I get the opportunity to take more courses with you in the future."

## PRICING

Double room: 990 €\* per person  
(beds can be set as one double or two twin beds)

Single room: 1290 €\*

\* There is a surcharge of 45 € per room and night for luxury rooms & one bedroom suites

### **What is included:**

- 3 nights accommodation at the Cal Reiet Holistic Retreat
- Vegetarian/Vegan Breakfast and Dinner
- Morning & afternoon sessions with Anna Wikfalk as described in the program above
- 1 year free access to the Mindfulness App including over 250 meditations and courses with some of the most well-known international meditation teachers including many meditations with Anna

### **For booking**

Contact details to me?

[info@barayoga.se](mailto:info@barayoga.se) is great!