

Into The New Retreat

- Styrösö, Strömstad 12-14 May 2023 -



Holding a retreat on Styrösö in 2022, we fell in love with the island. In the simplicity. In the beauty. Being immersed in nature. In silence, together. Now, we welcome you there, again, to meet yourself, through others. In dialogue, meditation and practises that open our hearts to what it is to be human.

The scenic island of Styrösö outside Strömstad offers sandy beaches, cliffs, wild forest and salty seas. Styrösö hostel invites you to simple accommodation in the middle of this wonderful nature. A gem in Bohuslän's coastal strip just inside the Koster nature reserve.

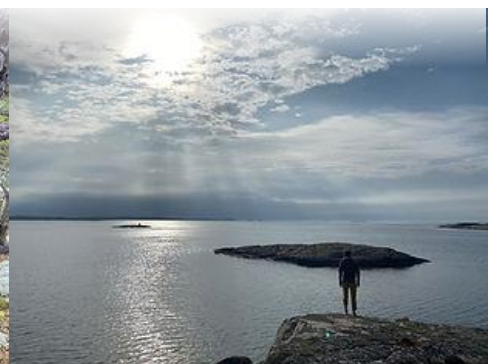
We want to invite you to retreat in this paradise, in a quiet dance in natural simplicity. To explore together what it is to be human. To individually explore what it is to be part of a bigger whole.

As always, we work with the simple ways to meet ourselves. The uncomplicated. Meditation, reflection, facilitated exercises and dialogue, visualization, and intuitive walks.

With a firm base in research, experience from our personal journeys, and long experience from leading inner and outer journeys, we welcome you on a journey into yourself. Together.

12-14 May we meet at Styrösö, We enjoy the simplicity. Vegetarian food that we prepare together. The accommodation is in simple hostel standard. In this simplicity we let the richness of life flow.

Pricing [EUR]: Private: 490. Small Enterprise: 690. Corporate: 990



Read more at: <https://www.intothentheonline/en/intothetheewretreat>

To register or for questions, please e-mail: karin_and_niklas@intothentheonline.se