

Ashtanga Yoga Retreat 1st–8th March 2025

Tunturikeimio, Muonio, Finland

15 km from Pallas fells – www.tunturikeimio.fi (address: Jerisjärventie 320)

Instructors: **Frank Kappas** (www.frankkappas.fi) and **Linda Taakala** (www.joogasalonki.fi)

Price: €320 (yoga program) + **Accommodation & meals:** €517–€741 depending on room type

Retreat Schedule

The retreat begins on **Saturday, 1st March**, at 15:00, with a gathering in the yoga shala located in the lower floor of **Kieppi** guesthouse. The rest of the arrival day will proceed according to the daily schedule, starting with a sauna!

The retreat ends on **Saturday, 8th March**, by 12:00. On the final day, the program includes morning practice and breakfast. The closing circle will take place during Friday evening's thematic session.

DAILY SCHEDULE (subject to change):

- **7:30–11:00** Yoga Ashtanga Mysore style, (please write your preferred starting time when registering to retreat)
(Guided asana practice provided as needed)
 - **9:30–11:30** Breakfast
 - outdoor activities etc.
 - **15:00–17:00** Sauna (Mon & Wed: 18:30–20:30)
 - **17:00** Dinner
 - Rest
 - **19:00–20:30** Thematic sessions (Sat, Sun, Tue, Thu, Fri)
 - **20:30–21:00** Meditation
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RETREAT FEES

Fees will be invoiced via email after the retreat begins, with a due date of **15th March 2025**.

Registrations are binding from **1st February 2025** onwards.

- **Cancellation Fee:** €150 (reduced to €50 with a medical certificate).

PRICES

Yoga Program: € 320

Accommodation prices include daily breakfast and dinner (dinner on arrival day, breakfast on departure day):

- **Kieppi:** €601 / person in a double room
- **Maja:** €517 / person in a double room

Additional fees:

- **Single room supplement:** €20 / night
- **Linen & towels:** €19 / set (not included to room price)
- **Pet fee:** €65 / week

ABOUT THE ACCOMMODATION

Tunturikeimiö consists of two guesthouses: **Kieppi** and **Maja**.

Kieppi:

- 6 double rooms, each with private toilets.
- Shared shower facilities, lounge and resident kitchen.
- The yoga shala is located in the downstairs of this building.

Maja:

- 8 rooms (2–3 persons each) and 1 four-person room.
- Shared toilets (4) and showers (4) in the corridors.
- Includes a small resident kitchen, shared lounge, TV corner, and café area.
- The dining hall and retreat kitchen are located in this building.

Daily access to a **lakeside sauna** and **ice swimming** is included!

NOTE: Linen and towels are available for an extra fee and should be requested and paid for on-site.

PACKING LIST IDEAS

In addition to personal yoga and outdoor clothing, hygiene products and essentials:

- (Linen & towels if not renting onsite)
- Wool socks
- Snacks or groceries (nearest shop is in Kolari/Ylläs, near Kolari train station).
- Yoga mat (loan mats available upon request)
- Optional: yoga strap or other props, blanket
- Thermos, lunchbox, and backpack for outdoor activities

- Cross-country /downhill ski equipment etc.
 - Swimsuit and slip-on shoes for ice swimming. Bathrobe (some luxury for sauna visits).
 - Headlamp
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TRAVEL

By Bus: The nearest stop is "Tunturikeimiön tienhaara," ~300 m from Tunturikeimiö.

By Train: Nearest stations are Kolari (night train with car transport available) and Rovaniemi. Reserve car or sleeping cabin spaces early!

By Plane: The nearest airport is Kittilä. An affordable airport taxi from Muonio / Tunturikeimiö is available (must be booked at least 24 hours in advance via email: muoniokt@hotmail.com).

SOMETHING ELSE

Nearest shops: in Muonio, about a 20-minute drive.

Nearby ski resorts include **Olos** (15 km), **Pallas** (15 km), **Levi** (40 km), and **Ylläs** (55 km).

Cross-country ski trails start right from Tunturikeimiö. The nearest trail cafés are at **Jeris Hotel** (~2 km) and **Tunturiporo** (~4–5 km).

Café at Tunturikeimiö offers snacks like pastries, sandwiches, fruits, coffee, tea and cocoa with soup available by order (open 11:00–18:00).

You may also pack food from breakfast for later use or ask for evening snack (€6 fee applies; bring your own containers).

RETREAT WHATSAPP GROUP

Join the retreat's **WhatsApp group** to coordinate shared rides and practical questions. You'll receive an invitation after registering.

FOOD

The retreat serves **vegetarian meals** including dairy and eggs. Please inform **Linda** of any dietary restrictions or allergies when registering!

Warm regards,

Linda and Frank

For more info or practical questions, contact Linda: +358 44 2820106 or kontakti@lindamaria.fi