



# homebody

YOGA, DANCE AND POETRY

A MOVEMENT IMMERSION

at Liljero retreat, Sweden

7-9TH AUGUST

# the invitation

This immersion is an intimate exploration of the body — and a return to feeling at home within it. A love letter to our flesh temple and all its layers. An invitation to rediscover the poetry of moving through space. To taste freedom with every cell.

Through movement, stillness, and storytelling, we'll explore the embodied sensation of our own unique expression. Blending ancient wisdom with modern practices, we'll reconnect to the intelligence that lives within our skin; the body as teacher, lover and portal.

Yoga is wisdom transmitted through the body.  
Dance is the body expressed in motion.  
Poetry is speaking to the body.

Together, these threads become a living map — guiding us back to our own humanity.



# the practices

yoga asana, kriyas, yogic  
philosophy, somatic  
movement, dance workshop,  
poetic storytelling, cacao circle,  
nature bathing, heart sharings  
and restorative rituals.



# the place

Lilljero retreat is a beautiful old chapel built in 1889 and used as a house of worship until the 80s. The stunning structure holds a special frequency, providing a true sanctuary.

Located just 1,5 hours north of Stockholm (in Uppsala län) it's surrounded by forests and a nearby nature reserves with natural springs and lakes.



# what's included

*3 days, 2 nights stay at Liljero*  
A deliciously curated program  
A nature excursion with  
sauna + lake dips  
all nourishing meals  
rituals & circles  
+ *surprise gift*

price: 5500 kr +6% moms

low income : 4500 kr +6% moms  
(limited spots)

## NOT INCLUDED:

Travel to Liljero retreat.

We will coordinate car pooling so we can keep the cost and nature impact as low as possible.

# the flow



## FRIDAY

- 14.00 check-in
- 15.00 opening circle+practice
- 18.00 dinner
- 20.00 evening practice

## SATURDAY

- 08.30 morning practice
- 10.30 brunch
- 12.00 workshop
- 15.00 fika
- 17.00 sauna+lake swims
- 19.00 dinner
- 20.30 evening practice

## SUNDAY

- 08.30 morning practice
- 10.30 brunch
- 12.00 workshop
- 14.00 lunch
- 15.00 closing circle
- 17.00 check out

\*the schedule may change slightly

# who is it for

\*for humans craving a reset in nature to slow down, reconnect, and nourish yourself.

\*for those curious about exploring your body as a place of feeling, expression, and creativity.

\*for you who want to move and express without pressure, performance, or judgment.

\*for movers, dancers, and yogis who want to deepen their practice

\*for the creatives, longing to reignite their spark and express what's been held inside.

\*for anyone seeking a nourishing, like-hearted community of movers.

*This weekend is for you who is longing to return home to your body.*

A pregnant woman is shown in profile, facing right, against a bright sunset background. She has long, wavy hair and is wearing a brown cardigan over a white top. Her right hand is held out, palm up, in a gesture of openness. The scene is bathed in warm, golden light, with the sun low on the horizon, creating a soft glow and some lens flare. The background consists of dark, silhouetted trees and a field.

feel the calling?

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