

“Thrive in Your Body, Thrive in Life”

An Anusara Yoga & Mindful Coaching Retreat

**ORØ ISLAND, DENMARK
14 TO 17 MAY 2026**





A unique approach, bringing together yoga and coaching

Join Aída Ponce Del Castillo & Inese Podgaiska for four transformative days designed around a **unique combination of yoga and mindful coaching**.



The retreat is designed to offer a **safe and supportive yoga practice** for all bodies and levels. It is a space where, through coaching, you will learn to **reconnect with yourself and move towards clarity and embodied inner confidence**.



The programme proposes practical tools and repeatable practices that can be taken home and used in everyday life after the retreat.

Places are limited to 12 participants to keep the retreat personal and ensure individual attention.

Meet Aída & Inese

Aída Ponce Del Castillo teaches in Belgium.

She completed Anusara Yoga Teacher Training at Tree of Life in Brussels and has held an Anusara Elements licence since 2018 and an Anusara Inspired licence since 2021.

Her classes are theme-led and alignment-based, combining playful sequencing with precise biomechanics and clear options for different bodies and experience levels.

Born in Mexico, Aída is a former international open-water swimmer. She began practicing Iyengar yoga in 2006 to support training and recovery and discovered how alignment and breath can transform effort into flow. She teaches in English, French and Spanish.



Inese Podgaiska is a lobbyist and certified mindful coach, and founder of Be You Mindful Coaching.

With more than 25 years of experience in public affairs and more than 12 years in holistic practices, she supports clients through one-to-one coaching focused on confidence, communication, boundary setting, stress management, and sustainable work-life balance.

She also hosts monthly women's gatherings that foster community and empowerment.

Born in Latvia, Inese is a former ballroom dancer. She lives in Copenhagen and works in Danish, English, French, Russian and Latvian.

WHERE?

Orø island | Nature and calm

Orø, a small Danish island in the Isefjord, within reach of Copenhagen, is known for its preserved natural landscapes and quiet pace. The retreat takes place at Hegnegården, a family farm offering a calm, comfortable setting for practice and rest.

How to get there?

A clear travel guide will be provided upon booking. In short:

- Take a train from the Copenhagen Central Station to Holbæk.
- From the Holbæk train station, walk to the harbour, through the city centre.
- Take the ferry to Orø
- Transport to the venue from the harbour in Orø will be provided by car.
- The approximate travel time from Copenhagen to Orø is 2 hours and costs are approx. 135 DKK (18 EUR).

More about Orø: <https://oroe.dk/welcome-to-oroe/>



WHERE?

Venue and Accommodation



Hegnegården is a Danish development centre made up of two farm buildings, an older farmhouse dating from 1739 and a second building rebuilt after a fire in 1978. Together they provide a simple, comfortable setting for practice, meals, and rest.

- The farm provides accommodation in double occupancy (shared room).
- Rooms for individual occupancy can be reserved for an extra cost (250 DKK, approx. €34, subject to availability).
- Bathrooms are shared (showers and toilets)



The retreat experience: a unique combination of yoga & coaching

The retreat takes place at what is perhaps the best season of the year on an island like Orø, when the longer light and quieter pace create space to reset.

Each day combines themed yoga, meditation, breathwork, and coaching workshops. Between sessions, there is time to be outdoors, walk, journal, and explore the island on foot or by bike.

Evenings focus on unwinding and integration, with restorative practice and guided reflection to integrate the work of the day.



Main building blocks

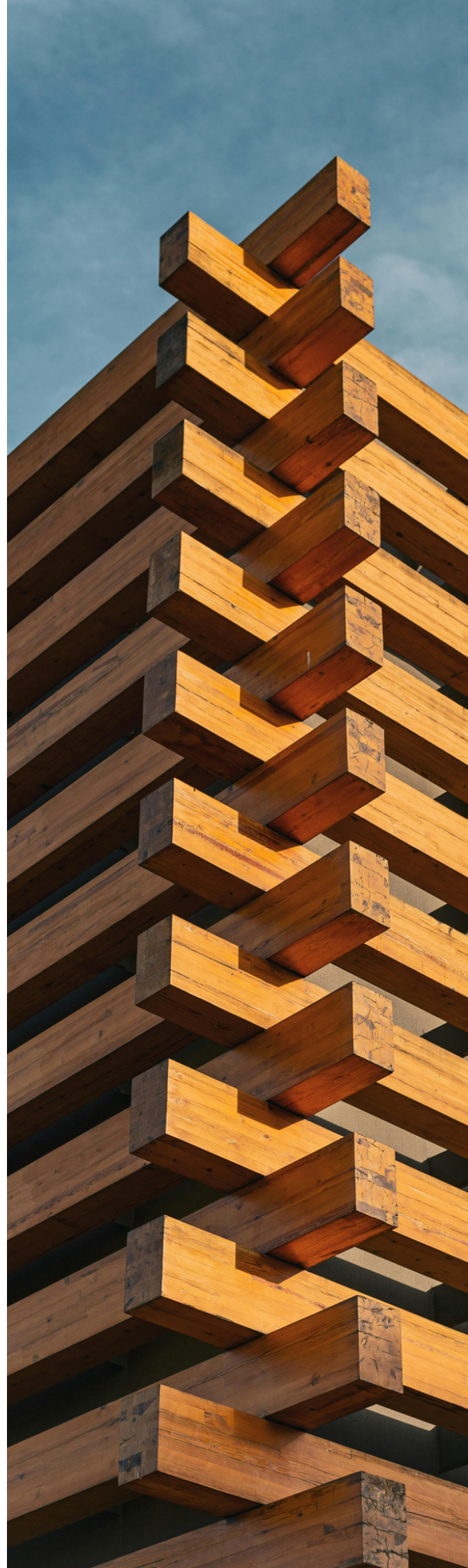
Clarity and direction

Daily **coaching workshops** plus a 1:1 coaching session (90 min for workshops and 45 min for 1:1 sessions) focused on identifying current challenges, getting rid of “old luggage” through reflective practices, group dynamics, and turning insights into realistic next steps and designing new habits.

Embodied confidence

Anusara-style **yoga classes** with precise alignment, supportive breathwork, and restorative practice. You will work on grounding and stability, opening and expansion, and balancing strength with softness, so you can carry the practice into daily life.

Practical tools to take home
Mindfulness techniques, breath practices, key alignment actions, and short home sequences you can repeat between classes.





Sneak preview of the programme

Day 1, Arrival and Grounding

- Check-in, welcome dinner
- Gentle grounding yoga, breath, and intention-setting
- Opening circle, retreat theme, shared agreements

Day 2, Foundation, Alignment, Action

- Morning meditation and breathwork
- Anusara-style practice (mixed levels), with a clear alignment focus
- Coaching workshop and guided journalling
- Optional 1:1 coaching
- Evening restorative practice and mindfulness

Day 3, Strength and Presence

- Morning meditation and breathwork
- Anusara-style practice with a deeper embodiment focus, post-yoga journalling exercise
- Coaching workshop
- Optional 1:1 coaching
- Evening restorative practice or Yoga Nidra, integration circle

Day 4, Integration and Carrying It Home

- Sunrise, gentle flow and breath
- Final coaching workshop, take-home plan
- Written integration, closing practice, farewell lunch, and departure.

Impression of a day

07:00 – 08:00	Meditation
08:00 – 09:00	Breakfast
09:00 – 10:30	Coaching and yoga activities Part 1
10:30 – 10:45	Coffee break
10:45 – 12:15	Coaching and yoga activities Part 2
12:15 – 13:45	Lunch
13:45 – 15:45	1:1 coaching sessions / yoga session or outdoor activities or other empowerment/embodiment activity
15:45 – 18:00	Coffee break and free time
18:00 – 19:00	Dinner
19:00 – 21:00	Evening circle/Restorative yoga/Mindfulness workshop
21:00	End of the day



PRICE?

An investment in yourself

Price: 6,500 DKK (approx. 900 EUR), including

- Full retreat programme (yoga sessions, workshops, group practices, coaching activities)
- Accommodation in a shared double room
- All meals (including dietary options), plus coffee and tea breaks
- Transfer from the ferry to the venue

An **early bird rate** is available for bookings before March 15, 2026: 5,970 DKK (approx. 800 EUR)

What the price does not include

- Travel to Denmark and cost of local transportation (train and ferry to Orø)
- Beverages beyond basic coffee, tea, and water
- Single room supplement



PRACTICAL INFORMATION

Booking and Payment

To reserve a place, email
info@beyoumindfulcoaching.dk

You will then receive an invoice
from **BeYou Mindful Coaching**.

Your booking is confirmed once
payment is received.

For more information, follow our
Instagram account at
@yoga.coaching.retreat



Insurance and liability

Cancellation policy

Cancellation up to 6 weeks before the retreat: refund. After 02/04/26: non-refundable, but you may transfer your place to another participant (subject to organiser approval).

Cancellation by organisers

Refunds are provided only when the retreat is cancelled for reasons other than force majeure, participant safety concerns, or government/health authority restrictions or recommendations.

If cancellation is required for any of those excluded reasons, we will:

1. Attempt to reschedule the retreat and apply your payment to the new date;
2. If you cannot attend the rescheduled date, offer you an alternative retreat (subject to availability).

Insurance and Liability

All participants are encouraged to obtain comprehensive travel insurance that covers medical expenses, trip cancellations, and personal belongings. Participants should disclose any pre-existing health conditions to ensure appropriate coverage and to avoid complications during the trip. Each participant assumes responsibility for their own safety, actions, and any damages incurred, and agrees to indemnify the organisers against claims arising from negligence, misconduct, or failure to adhere to the program's guidelines.

Consent and safety basics

Hands-on assists by consent, and a short note on how you adapt for injuries, pregnancy, hypertension, anxiety, etc., especially because pranayama is mentioned.

The background of the entire image is a close-up, slightly blurred photograph of ocean waves. The water is a deep, muted blue-grey color, and the texture of the waves is visible, with small ripples and larger, more turbulent sections. The lighting is soft, creating a calm yet dynamic atmosphere.

Reconnect body and mind

Be receptive, be open

Deepen body awareness

Restore balance

Strengthen self-confidence