

"Thrive in your Body, Thrive in Life"

An Anusara Yoga & Mindful Coaching Retreat

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

This retreat offers a **safe and supportive yoga** practice for all bodies and levels, and a space where you can reconnect with yourself and move towards **clarity and embodied inner confidence**.

Hosted at a historic family farm on **Orø Island, Denmark**, you will enjoy sea air, open fields and serene silence, just two hours from Copenhagen, yet a world away from the pace of everyday life.

Experience the unique combination of Anusara Yoga and coaching insight in a retreat designed to leave you **renewed, inspired, and grounded**.

- **14 to 17 May, 2026**
- Limited to 12 participants
- **DKK 7,500 (€ 1,000) including accommodation and meals**
- **Early bird rate for bookings before March 1 2026: DKK 6,750 (€ 900)**

For full details or booking, email us at **info@beyoumindfulcoaching.dk** or visit our Instagram account **@yoga.coaching.retreat**

