



Self Care for Winter

19.01.2025

Day Retreat at the Nordic Husky Farm

One Day Retreat

THE LONG COLD WINTER TIME IN THE NORTH IS QUITE DEMANDING BOTH ON OUR BODY AND MIND. FOR NATURE, WINTER IS THE SEASON OF RESTING BUT IN THIS MODERN WORLD CREATED BY HUMANS, WE KEEP ON GOING - WORKING, STUDYING, TAKING CARE OF OUR FAMILIES, RUNNING OUR BUSINESSES, LEADING A SOCIAL LIFE. BY THE TIME SPRING ARRIVES, WE ARE DRAINED.

WE INVITE YOU FOR ONE DAY OF FOCUSING ON SELF-CARE DURING THIS COLD TIME OF THE YEAR, A DAY TO REST AND RESET AND TO LEARN ABOUT HOW YOU CAN CREATE SOMETHING THAT EASILY HELPS YOU TO RELAX, MAINTAIN YOUR HEALTH AND GOOD SPIRITS!

Where?

Nordic Husky Farm
Vedjeön 165
83394 Strömsund

When?

19. January
Start: 10 am
End: around 5 pm
(depending on the flow)

We will be a very cozy and small group of 6 participants and the retreat leader Katerina.
We will be speaking English.

What we do

The day will start with a “Healing Husky Circle” where we enjoy connection, safety and love and dive deep into the energy of the descendants of the wolfs.

During a calm walk we are on a journey of finding beauty in the resting nature and reconnecting. And after a warming bowl of soup we create and learn about herbal remedies for the coldest times of the year - Katerina, as a certified herbalist, offers you guidance for your body and mind to support yourself during wintertime.



Questions or sign up?

SEND A WHATSAPP OR E-MAIL TO US

076 826 92 56

retreats@nordichuskyfarm.com

What we offer you

- Wholesome nourishing food and self-made herbal tea during the day, a freshly cooked soup and a small fika in the afternoon
- Intense insights, rest and a collection of mindfulness practices with nature
- Guided meditations
- A complete course on how to create your own massage oil and which herbs and remedies help you through the dark times
- A booklet with recipes, tips and space to take notes



Your investment for this day

1.200kr

If you need support paying, please talk to us 