

## **Traveling information:**

Björketorp is located 30 minutes north of Karlstad 2 km from Ängsbacka. You can drive to Molkom and then turn at the sign to Ängsbacka and follow the gravel road until you see the sign Gong training.

We can also arrange a pick you up in Karlstad for 100 Sek (10 Euro) or you can get a bus to Molkom. The retreat address is Björketorp 533 / 660 60 Molkom

## **Accommodation information:**

We offer external Bed and Breakfast about 15 minutes from us where we pick you up in the morning if needed. The price is about 350 Sek / night contact us for more information and accommodation reservations.

## **Booking information:**

Send an email to: [info@yogaterapi.se](mailto:info@yogaterapi.se)

Please specify: Your full name, your cellphone number, if you have any allergies or food preferences (all the meals are Vegetarian and Organic). Date and time of arrival if you need a pick up.

Please pay the full course fee to reserve your place in the course.

## **Payment information:**

Payment from Sweden is made to:

The payment is made to: BANK GIRO: 5837 9959

If you cancel your participation two weeks before the training starts there is a 20% registration fee that's not refundable. Please note that when cancelling closer than two weeks before the event starts, a doctor's confirmation of your inability to participate is required. If you cancel 48 hours before the training starts or later there will be no refunds.

If we would need to cancel the training all payments are refunded, including the registration fee.

## **Contact:**

Please feel free to contact us at: [info@yogaterapi.se](mailto:info@yogaterapi.se)

**Warm welcome hugs from**

*Pernilla Dalprem, Martin Siri Jodha & Vikrampal Singh*