



**We offer the Following Retreats at Ask Retreat Centre in 2009-10:**

**Weekend Retreat 9-11/11**

Yoga and meditation - advanced

**New Year Retreat 29/12-1/1**

Yoga and meditation - beginners to advanced

**Weekend Retreat 29-31/1**

Yoga and meditation - beginners

**Weekend Retreat 12-14/3**

Yoga and meditation - advanced

**Easter Retreat 31/3-5/4**

Yoga and meditation - beginners to advanced

**Weekend Retreat 23-25/4**

Yoga and meditation - beginners

**Weekend Retreat 7-9/5**

Yoga and meditation - advanced

**Whitsun Retreat 21-24/5**

Yoga and meditation - beginners

**5-days Summer Retreat 6-11/7**

Yoga and meditation - beginners to advanced

**10-days Holiday Retreat 14-24/7**

Yoga and meditation - beginners to advanced

**5-days Summer Retreat 3-8/8**

Yoga and meditation - beginners to advanced

**Prices, Enrolment and Payment**

We run small and intimate retreats with a maximum of 14 participants. Reserve early, courses often fill quickly.

**The Weekend Retreats** are from Friday 6.30 pm to Sunday 6 pm. *Fees:* The Beginner retreat NOK 2.900. The Advanced retreat NOK 2.300. When enrolling to both courses NOK 4.600.

**The New Year Retreat** is from Tuesday 6.30 pm to Friday 1 pm. *Fee:* NOK 3.200.

**The Easter Retreat** is from Wednesday 6.30 pm to Monday at noon. *Fee:* NOK 5.200.

**The Whitsun Retreat** is from Friday 6.30 pm to Monday at noon. *Fee:* NOK 3.300.

**The two 5-days Summer Retreat:** is from Tuesday 6.30 pm to Sunday 1 pm. *Fee per Retreat:* NOK 5.200.

**The 10-days Holiday Retreat** is from Wednesday 6.30 pm to Saturday at 1 pm. *Fee:* NOK 9.000. When enrolling please pay the deposit NOK 2.000. The rest of the course fee is paid at least 14 days before the retreat starts.

**Single room** can be reserved by paying extra. Contact us. Limited number. **Discount** 15% for

students, youth 15-25 years old, unemployed and couples. The course fee includes teaching, vegetarian food and lodging. **Bring with you:** Comfortable loose clothes for yoga, bedclothes, water proof and solid footwear.

**Enrolment** is done in our web shop at **www.retreat.no**, which accepts secure payment with VISA and MASTER credit card. **After enrolling** we will email you a confirmation with further information on how to get here by car or bus from Bergen.

**Cancelling your Booking**

Cancellation must be done in writing either per mail or email. When cancelling later than 1 month before the course you will have to pay 25% of the course fee. Later than 14 days 40% and later than 1 week before 60% of the course fee. If you cancel the booking after the start of the retreat you will have to pay full price. *Cancellation due to illness:* Attach medical certificate or doctors statement which verifies your illness, and you don't have to pay for the retreat.

**Flight:** The local airport near Bergen is called 'Flesland'. From Europe you may try to find cheap tickets to Bergen Airport Flesland (BGO) by Norwegian Air og SAS. Bergen is only approx. 1-2 hours flight from the big capitals of Europe and it takes only 1 hour by bus or taxi to get to Ask Retreat Centre!

Read the brochure about Ask Retreat Centre, the teaching and the conditions of participation

Yoga courses in Norway since 1983

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**SCANDINAVIAN YOGA AND MEDITATION SCHOOL**

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