

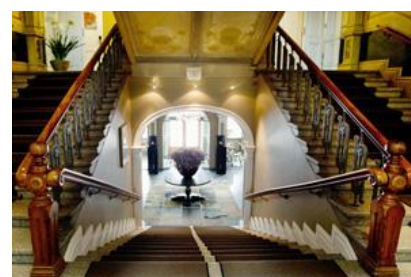
SUMMER SOLSTICE

Yoga & Pilates Retreat

At luxury Spa Hotel

On the West Coast of Sweden

Sun 14 June – Sun 21 June 2026, Varbergs Stadshotell & Asia Spa, Varberg, Sweden - **17th Year!**



One week of pure indulgence at this award-winning, first-class spa hotel (voted Best Spa in Sweden) in the spa town of Varberg on the beautiful west coast of Sweden. Daily Yoga, Pilates and Meditation classes. Lovely beaches and walks and great shopping. There is also a huge range of complementary therapies available such as Ayurvedic treatments, Thai massage treatments, Chinese detox treatment, seaweed treatment, rejuvenating facials, hot stone massage and much more. Several relaxation rooms such as: Temple Meditation Room, Light Therapy Room, Healing Room with Warm Water Beds. Also a Holistic Gym.

NEW for 2023: Roof top pool, two saunas, plunge pool, sun loungers.

This will be a very relaxing and enjoyable break in luxurious surroundings.

A Luxury Break at a Great Price!

More info on www.innerlightyoga.co.uk



Yoga, Pilates, Meditation and Relaxation Classes will be with **Rose-Marie Sorokin**, B.A., BWY Dip, fully qualified international Yoga and Pilates teacher with 30 years' experience. Rose-Marie is passionate about Yoga, Pilates and Healthy Living and has inspired thousands of people to make positive changes in their lives. She has a unique ability to create a calm, inspiring and nurturing environment in her classes so that everyone can benefit. She also teaches meditation, personal and spiritual development and is a writer, photographer and artist. She teaches Flowing Hatha

Yoga, Evolution Pilates (Rose-Marie's unique style of Pilates, excellent for core stability and releasing tension in back/neck/shoulders), Meditation and Deep Relaxation (Yoga Nidra). All classes are suitable for complete beginners as well as more experienced practitioners. Rose-Marie is also the author of the book **'The Miracle of Yes – reconnecting with purpose, passion and peace and creating a life you love'**.

Asia Spa is located right at the top of the hotel with spectacular views over the sea and the idyllic small town of Varberg. The Spa is a mix of the best of Asia and Eastern philosophies, i.e. Ayurveda, Feng Shui and The Five Elements. Based on this, Asia Spa is a world of well-being and indulgence, with relaxing spa baths, pampering treatments and unique surroundings. Let yourself be embraced by cosiness, warmth and gorgeous scents.

Spa Facilities:



Japanese bathing/washing ritual and hot springs

Cleansing for both body and soul. After a cleansing body scrub in the special Japanese wash room you can emerge yourself in the hot springs.



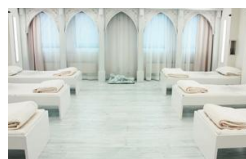
Temple Room

A beautiful, cosy room for deep relaxation, stillness, peace and meditation.



Vitality pool

The Vitality Pool is a totally unique 'massage pool' with around 30 massage functions. There is a small sign at each 'station' telling you which part of your body is being massaged.



Light Therapy Room

Uplifting and bright! Comfortable beds with blankets. Earphones with guided meditations or soft music.



Warm shallow pool

Wonderful warm shallow pool with views over the sea (Rose-Marie's favourite!)



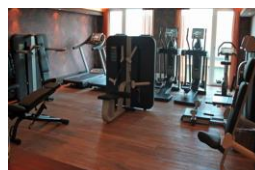
Dark/Healing Room

Room for deep relaxation with water beds filled with warm water. Healing crystals under each bed. Earphones to listen to a guided relaxation. Beautiful light effects in the ceiling.



Sauna oasis

Two traditional 'dry' saunas and two steam rooms and cold plunge pool. Beautiful light effects in the steam room.



Holistic Gym

Beautiful fully equipped gym!



Relaxation Room

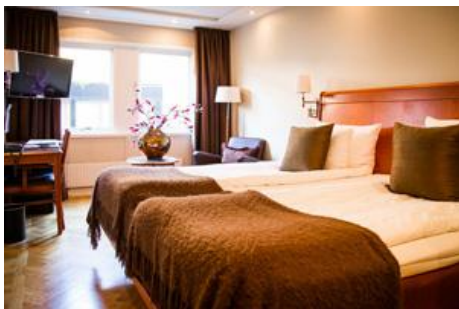
Copper baths filled with warm stones! Snuggle down and watch the fire on the large screen. Wonderful!



Relaxation rooms

Four wonderful relaxation rooms with lovely views over the sea. Spend quite time here, relax or read.

Accommodation



Classic Room (included in the price)

(<http://www.varbergsstadshotell.com/en/hotel/hotel-rooms/classic>) with cable satellite television, in-room-movies (pay per view), coffee/tea maker, hairdryer, iron & ironing board, data ports, free Wi-Fi, room service. Non-smoking. All rooms are ensuite.

Single room supplement is £175 in total for the 7 nights.

CLASSIC ROOMS represent a more traditional alternative yet still provide a high level of comfort and standard. They all have beautiful wooden floors and modern facilities. Some of them are furnished in an Asian style to continue the theme of our unique spa. All have beautifully finished bathrooms. You will find the Classic rooms in the middle of the hotel and many of them are

overlooking the Japanese garden or the inner courtyard.

The following upgrades are available – price is for 7 nights (price per person):

Boutique Garden £90

<http://www.varbergsstadshotell.com/en/hotel/hotel-rooms/boutique>

BOUTIQUE ROOMS are something extra special and out of the ordinary. They all have individual styles - with a modern, yet very personal touch. What would you say to a night in a crisp, wintry landscape, an African lounge or an urban design metropolis?

All rooms are of course well-equipped and feature espresso coffee making facilities, luxury beds, shoe polish box, minibar as well as audio visual technology amongst other things.



Boutique Prestige £175

<http://www.varbergsstadshotell.com/en/hotel/hotel-rooms/boutique>



De Luxe Premium £100

<http://www.varbergsstadshotell.com/en/hotel/hotel-rooms/de-luxe>

DE LUXE ROOMS can be found in the original part of the hotel, many overlooking the marketplace of Varberg or Torggatan. In these rooms we have kept the sumptuous feeling of the turn of the century, complemented by all the modern comforts you can think of. The rooms are very spacious with grand ceiling height and furnished with French cherry furniture.



De Luxe Superior £175

<http://www.varbergsstadshotell.com/en/hotel/hotel-rooms/de-luxe>





All Photos: Copyright Varbergs Stadshotell and Rose-Marie Sorokin.

The spa town of Varberg is situated on the beautiful Swedish west coast, about one hour's drive south of Gothenburg. There is a famous fortress in Varberg and also a beautiful old bath house and several beaches together with four other spa hotels. There are many restaurants, shops and cafes in Varberg and also great walks along the beach and several nature reserves. More info at www.turist.varberg.se The hotel website is www.varbergsstadshotell.com

The cost for the Spa Retreat is **£930 per person** (a non-returnable deposit of £300 secures your place).

What is included:

- 7 nights' shared en suit accommodation in **Classic Room** (see room description above).
- Single occupancy supplement is £175.
- Large breakfast buffet
- All Yoga, Pilates, Meditation and Relaxation classes with Rose-Marie
- Full use of all Spa facilities (including pools, saunas, light therapy room, healing room, Temple room, gym, all relaxation rooms and also the smaller spa open until 11pm)
- Free herbal teas, juice & fruit all day
- Bathrobe & slippers to take home.

Full payment is due 8 May 2026 the latest.

Not included: Flight, transfers, lunch, dinner, spa treatments, travel insurance.

- Flight is approx £100-£200 return. See recommended flights. Please note that bus transfer is only available for the recommended flights. If you book another flight you will have to make your own way to Varberg.
- Transfers with mini bus £40 per person each way (only available if you book the recommended flight – see below)
- There are many cafes and restaurants in Varberg and a large supermarket where you can buy salads and sandwiches. Price for lunch is around £12 and upwards. Please note that the breakfast buffet is VERY comprehensive, so most people don't need to eat lunch!! The hotel also has an excellent restaurant with good vegetarian options. There are also two juice bars in Varberg.
- Spa treatments (optional) from £60-£110.
- Please note that all prices for treatments and meals are approximate prices at the time of writing this.
- A deposit of £300 (non-returnable) will secure your place.

Flights:

Transfer to/from Asia Spa is available for the following flight:

Sunday 14 June 2026: FR964 from Stansted to Gothenburg Landvetter. Departure 10.50. Arrival 13.40

Sunday 21 June 2026: FR965 from Gothenburg Landvetter to Stansted. Departure 14.05. Arrival 15.00

Payment options:

1. Cheque payable to **R T Axon** and sent to Inner Light Yoga, 5 Mill Hall, Aylesford, Kent ME20 7JN.
2. Bank transfer. R T Axon, Natwest: 60 60 08 – 46572120

You will receive a confirmation email once we have received your booking and payment.

Please fill in the **Booking Form** on our website to book.

[Yoga Retreat Booking Form](#) | [Inner Light Yoga](#) | [SE](#)

Itinerary

Spa Retreat, Asia Spa, Sweden Sunday 14 June - Sunday 21 June 2026 (reservation for changes)

SUNDAY 14 JUNE		
Time	Activity	Location
10.50	Flight FR964 from Stansted	
13.40	Arrival at Gothenburg Landvetter Airport. Transfer to Asia Spa	
	Check in at Varbergs Stadshotell	
17.00	Introduction to the Spa (please wear your Spa slippers and come dressed for Yoga)	Spa Reception – top floor
17.30-18.45	Welcome with Yoga & Relaxation	Yoga Studio
MONDAY 15 JUNE		
07.30-08.15	Hatha Yoga	Yoga Studio
08.15-10.00	Breakfast	Restaurant
15.15-16.30	Evolution Pilates	Yoga Studio
TUESDAY 16 JUNE		
07.30-08.15	Evolution Pilates	Yoga Studio
08.15-10.00	Breakfast	Restaurant
15.15-16.30	Hatha Yoga & Fascia Release	Yoga Studio
WEDNESDAY 17 JUNE		
06.30-10.00	Breakfast	Restaurant
10.00	Free Day or Excursion to a Castle (by bus)	
THURSDAY 18 JUNE		
7.30-8.15	Evolution Pilates	Yoga Studio
8.15-10.00	Breakfast	Restaurant
15.15-16.30	Hatha Yoga & Fascia Release	Yoga Studio
FRIDAY 19 JUNE – MIDSUMMERS EVE		
07.30-08.15	Evolution Pilates	Yoga Studio
08.15-10.00	Breakfast	Restaurant
14.00	Midsummer Celebration	
18.00	Midsummer Dinner	Restaurant
SATURDAY 20 JUNE – MIDSUMMERS DAY		
07.30-08.15	Hatha Yoga	Yoga Studio
08.15-10.00	Breakfast	Restaurant
17.00-18.00	Evolution Pilates & Fascia Release	Yoga Studio
18.00-19.00	Yoga Nidra & Gong Bath & Goodbye	Yoga Studio
SUNDAY 21 JUNE		
07.30-8.15	Evolution Pilates	Yoga Studio
08.15-10.00	Breakfast	Restaurant
11.30	Transfer to Landvetter Airport	
14.05	Flight FR965 to London Stansted	
15.00	Arrival London Stansted	

Asia Spa is open 08.00-20.00 every day – you have unlimited use of the Spa and all its facilities.

Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin)
5 Mill Hall, Aylesford, Kent ME20 7JN
Tel 00 44 (0)1622 715576

Inner Light Yoga, 5 Mill Hall, Aylesford, Kent ME20 7JN, UK
Tel 01622 715576, email: innerlightyoga@btopenworld.com, www.innerlightyoga.co.uk

Booking form – Yoga & Pilates Retreat, Asia Spa, Varberg, Sweden, 14-21 June 2026

Please use a separate form for each person booking a place.

<https://www.innerlightyoga.co.uk/booking-form-retreat-in-sweden>

Booking Terms and Conditions

1. It is the customer's responsibility to check the reservation and ensure that the particulars contained therein are correct.
2. The customer shall pay Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) a non-refundable deposit of £300 for each person named in the reservation.
3. The balance monies due shall be paid by the customer to Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) 10 May 2024 the latest. Bookings after this date must be paid in full at time of booking. Payment can be made by cheque or bank transfer. If payment of either the deposit or the balance is not received by the due date Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) reserves the right to cancel the reservation and retain the deposit.
4. In the event of cancellation by the customer, regardless of the circumstances, the following refund fees, minus the deposit, apply. The deposit is non-refundable, as mentioned in 2:
5. **Cancellation 4 weeks or less before due arrival date, 0% refund**
6. **Cancellation 4-6 weeks before due arrival date, 25% refund**
7. **Cancellation 6-12 weeks before due arrival date, 50% refund**
8. **Cancellation more than 12 weeks before due arrival date, 100% refund**
9. Due to teacher cancellations or other situations beyond our control, Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) reserves the right to change bookings and shall inform the customer as soon as possible. We do not accept responsibility for any costs incurred, including airfare.
10. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) is not held liable for flight costs.
11. The customer shall not use the property except for permitted use and shall not use the property for any offensive, noisy, dangerous, illegal, entertainment, immoral or improper purposes. The customer shall not do anything which may be a nuisance or annoyance to Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) and its guests, staff or owners.
12. The customer shall keep all Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) fixtures, fittings, furniture and effects in a clean and good condition and shall replace any articles which are destroyed or missing with articles of a similar kind and of equal value.
13. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) reserves the right at its sole discretion to terminate use of the property or any of its facilities by the customer in the event of any breach of these terms and conditions. The customer will be required to vacate the property and Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) shall not refund payment or accept any consequential liability damages or loss.
14. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) retains all copyright licence rights and sole exclusive ownership of the information, photographs and material displayed on its website. The material may not be modified, copied or used in any other way.
15. Any user of the website has to be 18 years of age or older and agrees to be entirely financially responsible for all charges and other fees arising from use of the website.
16. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) accepts no responsibility for keeping the website up to date and will not be liable for any loss by its failure to do so.
17. It is the customer's responsibility to ensure that he/she has all the relevant travel documentation and arrives at the airport in time.
18. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) can accept no responsibility for delay or cancellation of any flights, train, buses or other forms of transport.
19. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) reserves the right to alter any facility accommodation or yoga activity.
20. In the event that the customer decides to downgrade their accommodation after monies have been paid, the customer will not be entitled to any refund. If the customer wishes to upgrade the new price will apply.
21. The customer must comply fully with all and any health and safety regulations introduced by Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin). The customer must ensure that he/she is medically and physically fit and able to use our facilities and participate in activities. Customers who have injuries or illnesses are advised to seek doctor's advice if practicing yoga. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) is not liable for any injuries to the customer in his/her use of our facilities or participation in activities. A customer must always stop and rest if he/she is feeling any pain or sickness and inform the teacher of any previous injuries.
22. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) cannot accept any responsibility for loss or damage of personal possessions or valuables of the customer.
23. In the event of a customer having any complaint then he/she will not discuss this with any third party and shall notify Inner Light Yoga as soon as possible.
24. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) shall not be liable for any failures beyond its control. This covers natural disasters, war, 'acts of God', closure of airports, civil strife, accidents or failure to perform by third parties, including suppliers and subcontractors.
25. Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin) accepts no liability for loss, damage, injury or illnesses which may be received during the customers stay or travelling to and from Inner Light Yoga & Health Co (Tim Axon/Rose-Marie Sorokin).
26. **We require that your travel insurance covers the activity of your booking as well as unexpected cancellation, sickness, losses, flight changes or cancellations due to the Covid-19 pandemic. Please bring the policy with you in the case of an emergency.**
27. **UK residents: European Health Insurance Cards (EHIC) are still valid for travel to EU countries – please check that your card will not expire during your period of travel. Otherwise, apply for a Global Health Insurance Card (GHIC) that covers medical treatment in Europe, but not ambulances or residential charges for hospital stays.**