



# LOFOTEN

SPRING  
RETREAT



## HAVLY


LOFOTEN RETREAT

Breathe in the crisp Arctic air!  
In the Lofoten Islands, the cozy  
cabins of Ballstad invite you to slow  
down and reconnect with nature  
and yourself.

Discover the raw beauty of winter  
through hikes, kayak tours, and cold-  
water plunges. Warm up by the fire,  
in the sauna, or under the open sky.

Begin mornings with mindful  
moments; spend evenings sharing  
plans.

Enjoy nourishing meals inspired by  
Lofoten's traditions.







# PELAGIC HIKES

AND MORE

With its dramatic scenic landscapes, rugged mountains, and picturesque fjords, hiking around Ballstad provides an unforgettable experience for all levels of hikers.

Ballstad offers a diverse range of trails that showcase the island's natural beauty, from coastal walks to challenging mountain ascents. The area's unique combination of sea, mountains, and open tundra creates an awe-inspiring backdrop for outdoor adventures.

Alongside these outdoor adventures, we invite you to unwind in the warmth of a traditional sauna, letting the heat soothe your muscles and clear your mind.

Our intimate workshops focus on wellness, personal development, and embracing the wisdom that comes with age. In Lofoten, the landscape and the activities are not just a backdrop, they are part of your journey toward deeper self-awareness and connection.

Come, restore, and explore at your own pace. This is your time.



# OUR ACCOMMODATION



Where do you live?

Experience the charm of Ballstad, a lively fishing village in the heart of Lofoten. Watch local fishermen at work and enjoy the scenic harbor views. Stay in our traditional fishermen's cabins by the seaside — available as shared rooms, private rooms, or private cabins for a truly authentic Norwegian experience.



# OUR INSPIRATION

7 DAYS OR 10 DAYS  
MAY 5TH - MAY 15TH 2026

## May 5th: Latest Arrival

depending on your flight schedule we gather the first time in the assembly hall

Check-In and Overview

## May 6th - 12th:

**7-8 am:** Quiet Morning Training

**8-9:30 am:** Breakfast

### **Daylight Activity (3 Hours):**

Hiking, Nature Walk, Snorkeling, Cold Water, Biking, Kayaking, ...

**13-14:30:** Lunch Time

**Dark Activity (3 Hours):** Excursion, Nature Walks, (Viking) Museums, Knitting, Campfire, Aquarium, Sauna, ...

**7-8 pm:** Guided Evening Training

Evening Circle

## May 13th - 15th:

!!ONLY TEN DAYS OPTION!!

Two day excursion to the Troll Fjord by bus and boat, small hikes, overnight in the cabin of DNT including Sauna in the mountains (extra pricing).

Departure days



# WHAT TO EXPECT

## What's included

- Training Mat
- Start Food Kit for Breakfast and Lunch (5 Days) regional food
- Accommodation incl. kitchen
- Sauna
- Short excursions to museums, etc..
- For snorkeling/kayaking: the equipment/dry suit / kayak/ life vest

## What's not included

- Arrival
- Cooking
- Training clothes, head lamp
- Long excursions (overnight): on demand

## Requirements

- Hiking shoes due to the season
- Equipment for hiking, yoga, etc.





# PACKAGE & OPTIONS

## Dormitory

- Max. 6 in one bedroom, community kitchen, ...
- EUR 2.330,- (7 days)
- EUR 3.289,- (10 days)

## Shared Apartment

- Single bedroom, but shared kitchen and bathroom, max. 2 per apartment
- EUR 2.530,- (7days)
- EUR 3.559,- (10 days)

## Single Apartment

- An apartment totally on your own, kitchen and bathroom just for your privacy
- EUR 2.830,- (7 days)
- EUR 3.989,- (10 days)

To secure your spot, a deposit of EUR 850,00 € needs to be paid. The full amount is due until March 10th, 2026.

Please check the refund & cancellation policy here.

## How to Secure Your Spot

To secure your spot, simply send an e-mail to **[sylvia@lofoten-retreat.eu](mailto:sylvia@lofoten-retreat.eu)** with your:

- Full name
- Date of birth
- Address
- Nationality
- Desired accommodation
- 7 or 10 days option
- Food allergies
- Any special needs

I will register the booking and send you an invoice with your payment details.

Your spot is only secured once a deposit or the full amount is paid.

**Please be aware that spots will be awarded on a first come-first serve basis.**



# LOFOTEN

SPRING  
RETREAT



HAVLY  
LOFOTEN RETREAT

Let's re-charge  
together!

Further details:

<https://www.lofoten-retreat.eu/>