

# Morning light nature yoga

Available all year around 2020-21  
Rates valid May 1 2020- April 30 2021

**Try something new.** Give your body a good start in the morning and meet yourself in the arctic nature.

Find your inner peace surrounded by a beautiful landscape embedded in morning light, coldness, sunny weather, rain or soft falling snow.



Together with our yoga teacher we go out into the nature. We welcome the day, experience nature in morning light while listening to our inner voice. We make a space for ourselves with the fire surrounded by reindeer furs. With deep breaths and moves that keep us warm, we fill our bodies with energy.

Our yoga teacher takes us through a yoga program suited for the nature and weather of the day. In the end of the tour we get a cup of tea and a rawfood ball by the fire. After the tour you can add on 2 hours at the Arctic SPA to refresh your body and mind.

**Price:** SEK 1 290/person. With Arctic SPA after the tour SEK 1 985/person\* (SPA can be fully booked, if so, we will refund your SPA booking) We also help you book lunch at Camp Ripan (not included). Private group SEK 5 500 max 4 pers. Add on extra participants SEK 1 290/pers. (Add on Arctic SPA SEK 695/person)

**The price includes:** Transfer from Icehotel or Camp Ripan, warm covering clothes and shoes, tea and a rawfood ball, yoga teacher.

We recommend you to wear warm and comfortable clothes for the season, mittens, gloves and a warm hat. You need to be able to walk 300 metres along a snowmobile track.

**Participants:** Minimum 2 persons, max 8. Other times on request. Youth 15 years and older are welcome on the tour.

**Departure:** 08.00-11.30, the time is approximate. The tour is available all year around. If you choose the SPA after the tour it opens at 12.00, time have to be booked in advance.

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More information about the tours, cancellation policy and our work with COVID-19 available on our web.  
Please contact us if you have any further questions.

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\*If you choose to add on Camp Ripan Arctic SPA, there is included towels, bathrobe Ripan SPA ritual Ståvan with birch scrub and coffee face mask. You will get help from the SPA guide at Camp Ripan when you arrive the SPA. If you choose this add on, transfer to your hotel is not included after the SPA. There can be children in the SPA 12.00-16.00