

# Northern light nature yoga

Available Nov 15 2020 - March 15 2021

Rates valid May 1 2020- April 30 2021

**A tour to meet yourself** and experience the beauty of nature together with others.

The darkness and silence fills your body with energy and peace while the northern lights are dancing in the sky.

Together with our yoga teacher we will have a yoga experience we never forget. We go out into the nature to meet the northern lights. In the darkness and silence we meet our inner peace.

We make a space for ourselves. In the light of lanterns, sitting on our reindeer furs, we thank this day. 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 hour at the Arctic SPA to refresh your body and mind.

**Price:** SEK 1 290/person. With Arctic SPA before the tour SEK 1 985/person\* (earlier departure - SPA can be fully booked, if so, we will refund your SPA booking). We also help you book two course dinner at Camp Ripan (not included) Private group SEK 5 500 max 4 pers. Add on extra participants SEK 950/pers. (Add on Arctic SPA SEK 695/person)

**The price includes:** Transfer from Icehotel and Camp Ripan, warm covering clothes and shoes, headlamp, 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 snow-mobile track.

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

**Departure:** 20.00-23.00, the time is approximate. The tour is available between Nov 15 to March 15. If you choose the SPA before the tour it opens 12.00, time have to be booked in advance.

**Note:** Northern light is a nature phenomenom and we can never guarantee that we see the aurora. The focus on the tour is the yoga experience in the dark.

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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 from Icehotel to the SPA is provided SEK 300 per person. There can be children in the SPA 12.00-16.00