



SHAMBALA GATHERINGS

Retreats, corporate off-sites and trainings

Your yoga home away from home

“Set by a magical lake, this charming get away offers heart–felt and nurturing workshops, courses and retreats by very competent teachers, and is hosted by such beautiful souls, who make sure to create a cozy solidarity, and treat you with healthy food cooked with love.”

–Annie, guest, Sweden



Born out of love for nature and its rhythms ...

Tucked in the Swedish forest, where lakes mirror the sky and silence emerges, you'll find Shambala Gatherings, a retreat centre cradled in nature. It's a place to **arrive, exhale**, and remember yourself; to feel peace and connection.

Guided by a **simple, sustainable**, and deeply human way of hosting, Shambala is an **organic**, community-minded haven where nature is not just the backdrop but the teacher.

Here you flourish, share, co-create, and savour life.

Everything here begins with connection: to the forest, to one another, and to the quiet within.

In this atmosphere, guests rest their minds, restore strength, and find **balance** between the natural world and the social space we cultivate together.

We're not a hotel, but a **community-led** space in the Swedish forest where nature does half the teaching, and we take care of everything else.

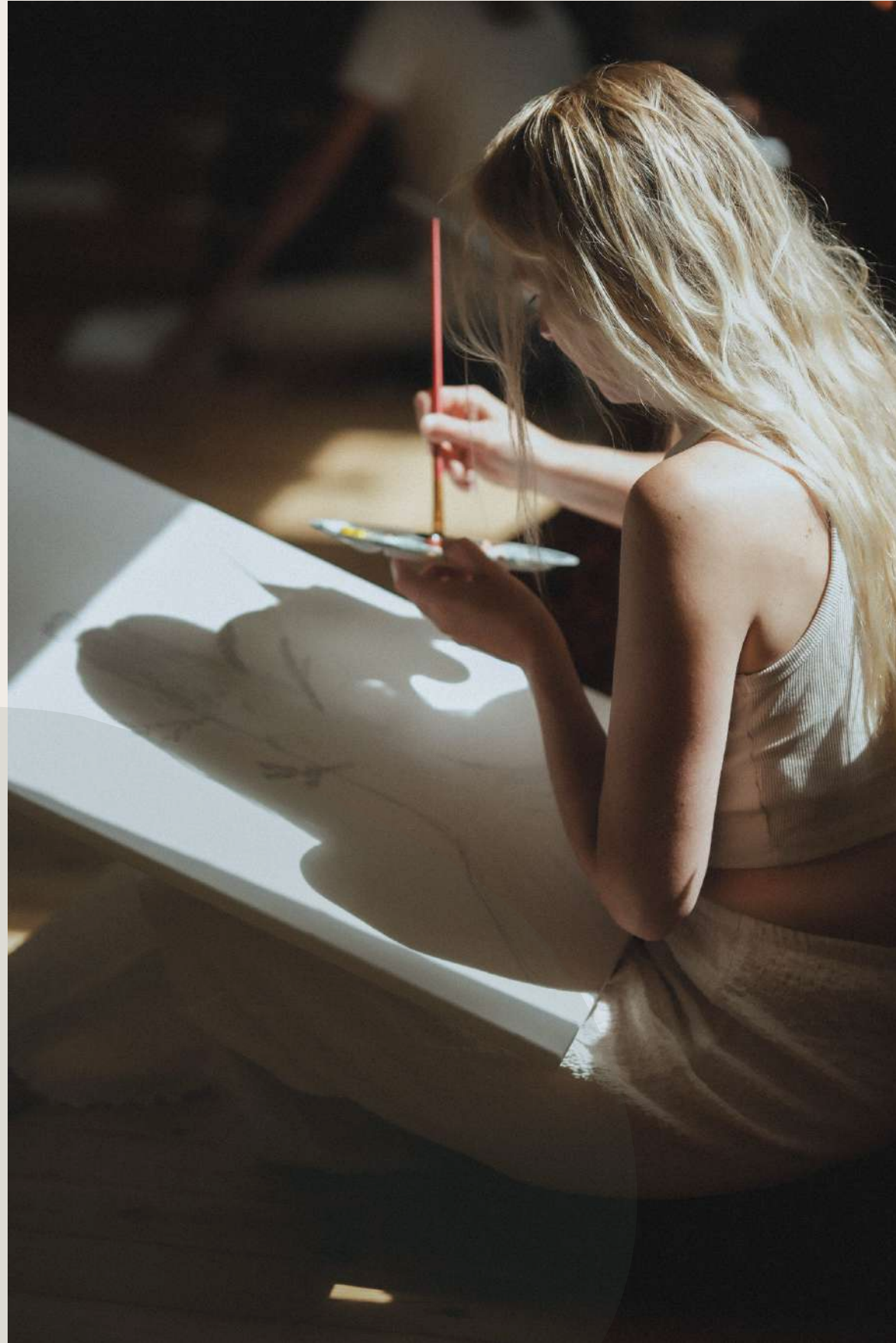
We have spent **more than 20 years** learning the art of retreat hosting, and what makes retreats truly land.

Dates are limited. **Start the conversation early!**

SWEDEN'S QUIET HAVEN



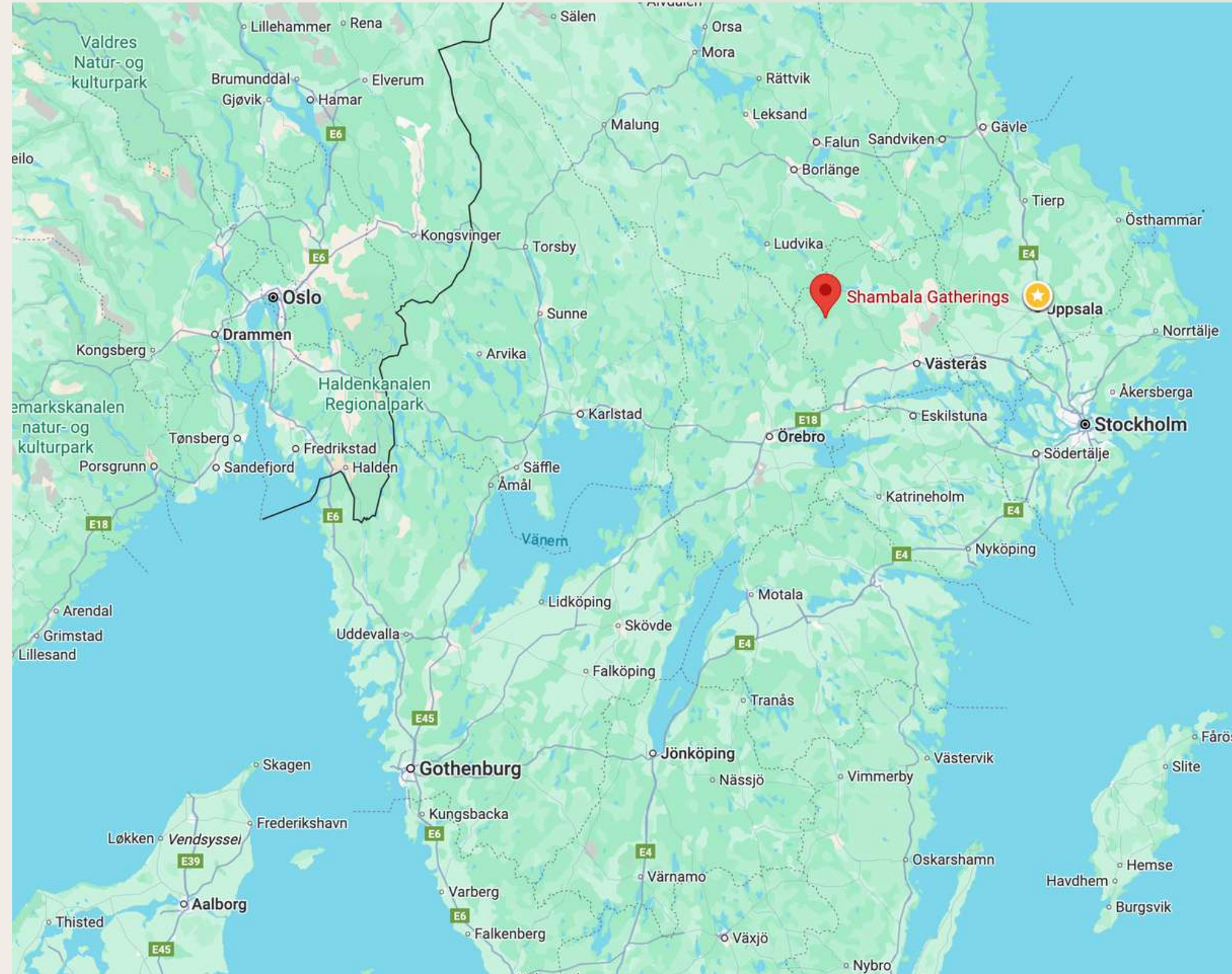
Over 20 years. +700 retreats held. Community-led.



Where we are:

Located just two and a half hours away from Stockholm. The nearest town of Skinnskatteberg, in Sweden, is **easily accessible by train and car**, making it a great option for a short break wildlife destination.

The dense forests of Bergslagen around Skinnskatteberg, are a fantastic place to encounter the **very best of Sweden's wildlife**.



*"The energy is so, so clear, deeply heart centred.
We have found nothing like it elsewhere."
–Rowan Jaqueline, teacher, UK*



Who Shambala is for:

Our space works beautifully for:

- **Established teachers** with a group ready to fill 10-25+ spots.
- **Emerging teachers** with a small following, willing to lead low-season, self-catered retreats, for a fraction of the price.
- Facilitators who **value nature, community,** and warmth over luxury.
- Teachers who want ***partnership***, not just a venue rental.

If you're looking for luxury interiors, we're probably not your fit.
If you're looking for a space that **truly holds your work**, we are.

Why teachers choose Shambala:

The place does half the teaching

Your students settle faster here. The lake, the silence, the forest, they're not just backdrop. They're co-facilitators.

Community of yogis, not just a hotel

Our volunteer community team bring warmth. The vibe is genuine, relaxed. Guests and teachers quickly feel at home.

Experienced, steady hands

After +20 years experience and +700 retreats held, we know how to hold space logistically and energetically so you can lean back and focus on teaching.

We meet you where you are

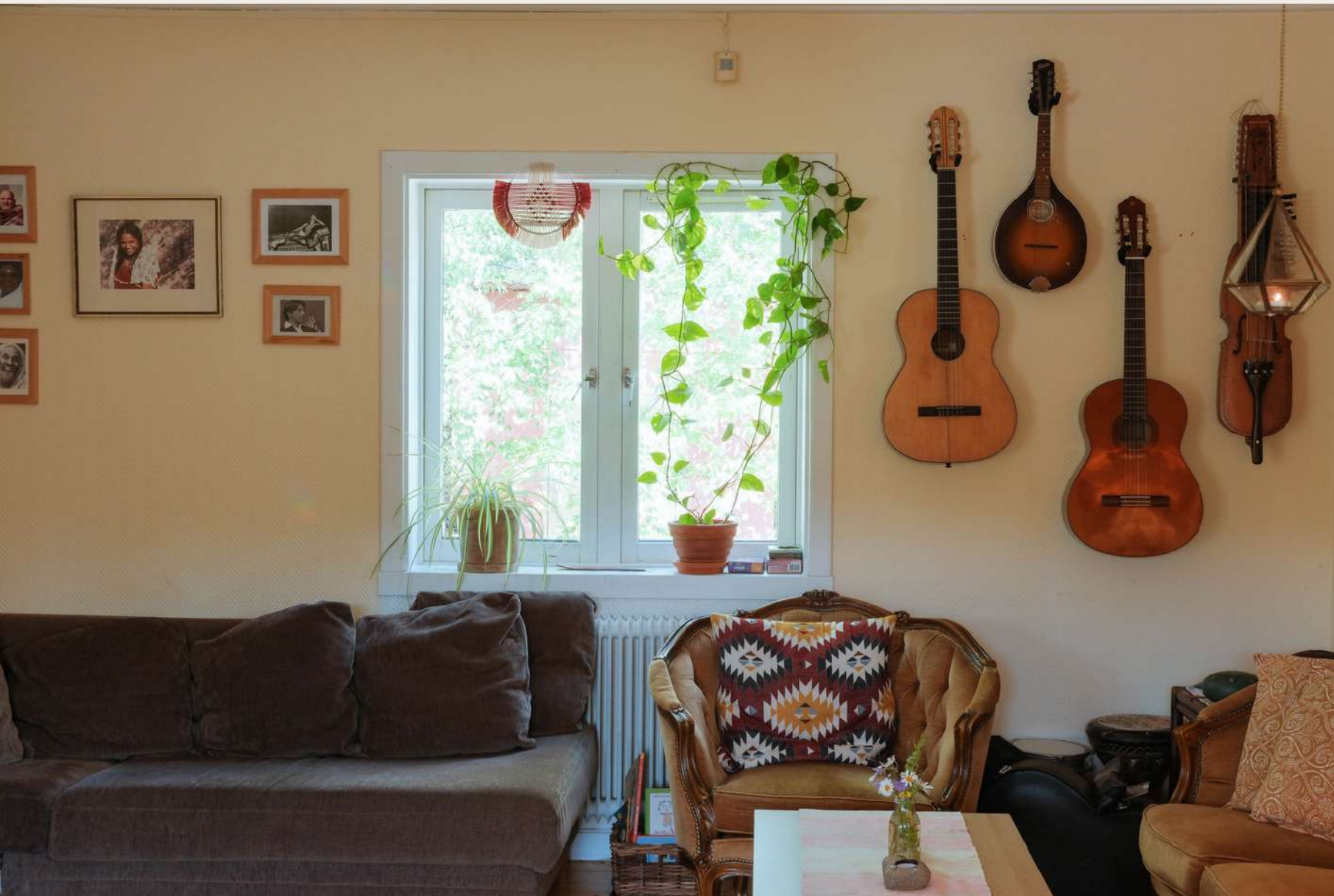
We mean it. As yoga teachers ourselves, we know what it's like. We work through our terms and prices with you to find the win-win.

AT A GLANCE:

- Easy Access from Stockholm (2,5 hrs).
- 2 yoga salas.
- 15 rooms (twins, triples and 4-bed)
- 3 forest huts (twins and doubles).
- 3 glamping tents (singles or doubles).
- **Total capacity = 46.**
- Teacher accommodation.
- **3 acres of land** with lake access.
- **Mongolian yurt.**
- Floating wood-fired **sauna.**
- Ceremonial fire place.
- All surrounded by **endless forest trails.**



COMMON AREAS:



SHAKTI HALL (LARGE SALA):

- 100 sqm. Wooden floor.
- Our largest teaching space. Bright, warm, and **overlooking the water.**
- Capacity: **33 yoga mats** / 50 seated guests
- What's included: 29 mats, 25 bolsters, 26 cushions, 20 pairs of yoga blocks, 21 wool blankets, 31 straps, 18 eye masks, 50 chairs
- Perfect for: Vinyasa flows, large ceremonies, ecstatic dance, circle work.





BUDHA HALL (SMALL SALA):

- 50 sqm. Wooden floor.
- High ceiling. Quiet corner.
- Nestled away from the main building. Perfect for intimate work.
- Capacity: **16 yoga mats** / 25 seated guests.
- What's included: 15 mats, 15 bolsters, 15 cushions, 15 pairs of yoga blocks, 12 wool blankets, 10 straps, 10 eye masks, 10 chairs.
- Perfect for: Yin, meditation, small group coaching, breath work.





MONGOLIAN YURT:

- 50 sqm. Circular. Sacred.
- Close to the lake.
- Perfect for **ceremonies**, sound baths, small workshops, or as a breakout space.
- Also: just a beautiful place to sit.



ACCOMMODATION OPTIONS

12

Twin
rooms

2

Triple
rooms

1

4-bed
family room

3

Forest
huts

3

Glamping
tents

Total capacity = 46 people ... plus plenty of caravan and tenting grounds.

WANDERER'S HOUSE AREA :



WANDERER'S HOUSE AREA :

- **Simple and comfortable** area with twins, triples and 4-bed rooms.
- **Spacious** shared **showers** and bathrooms (5 toilets, 4 showers) just outside their door.
- Clean, warm, **lovingly maintained**.
- 12 twin rooms.
- 2 triple rooms.
- 1 family 4-bed room.
- Total capacity: **34 beds**.

TENT VILLAGE AREA:



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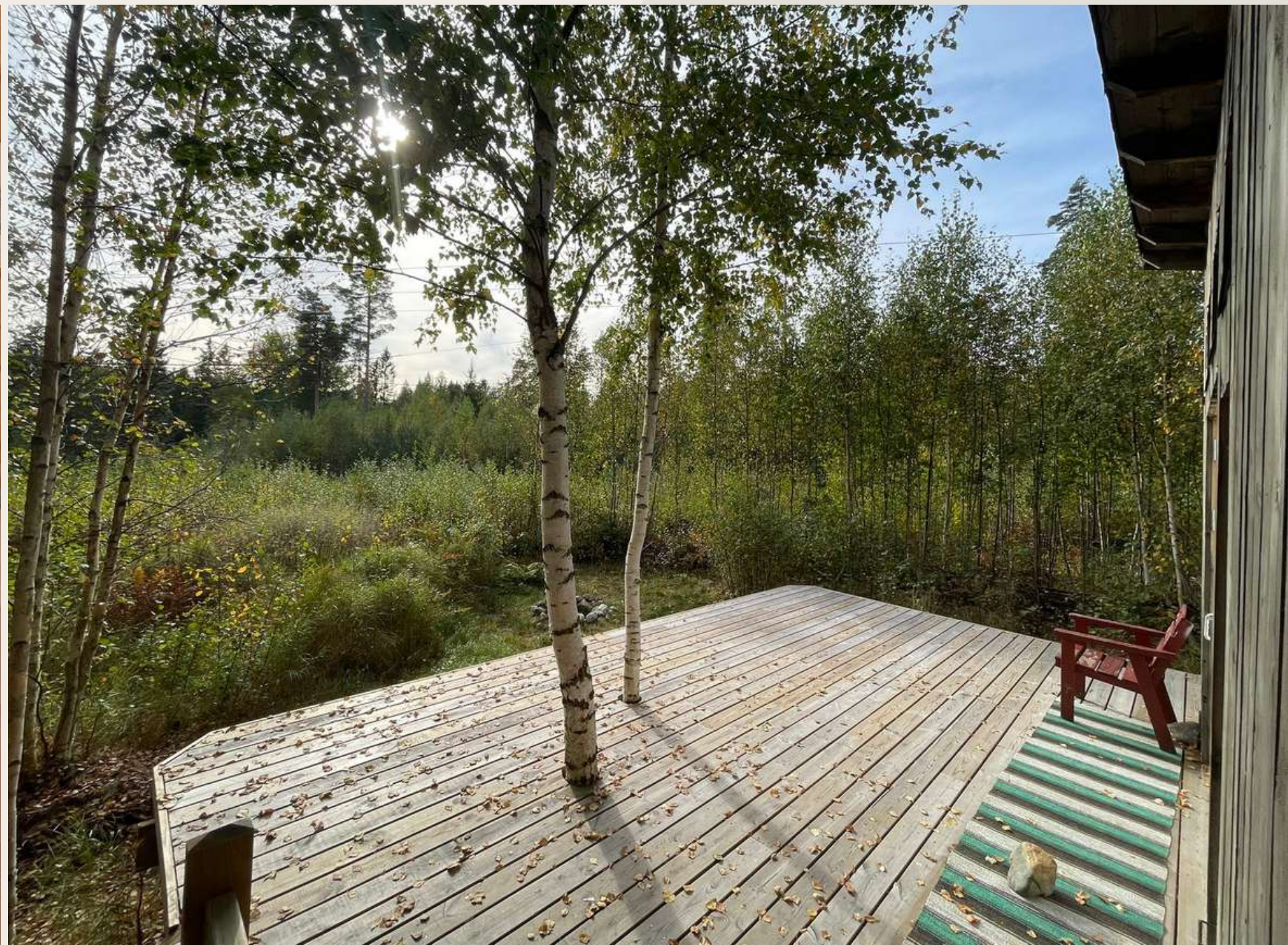
- **3 glamping** Soulpad canvas bell-tents.
- With **comfortable double beds** and warm linen.
- **Heating, light and electricity.**
- Quiet area, **lake-side.**
- Nesteled in a **foresty** area.
- **Close to showers,** bathrooms, floating sauna and all other amenities.
- Total capacity : **3 singles or 3 doubles**

FOREST HUTS: LOTUS



Twin beds, close to shared bathrooms, showers and all other amenities. Quiet foresty area. Lake view.

FOREST HUTS: NATURE

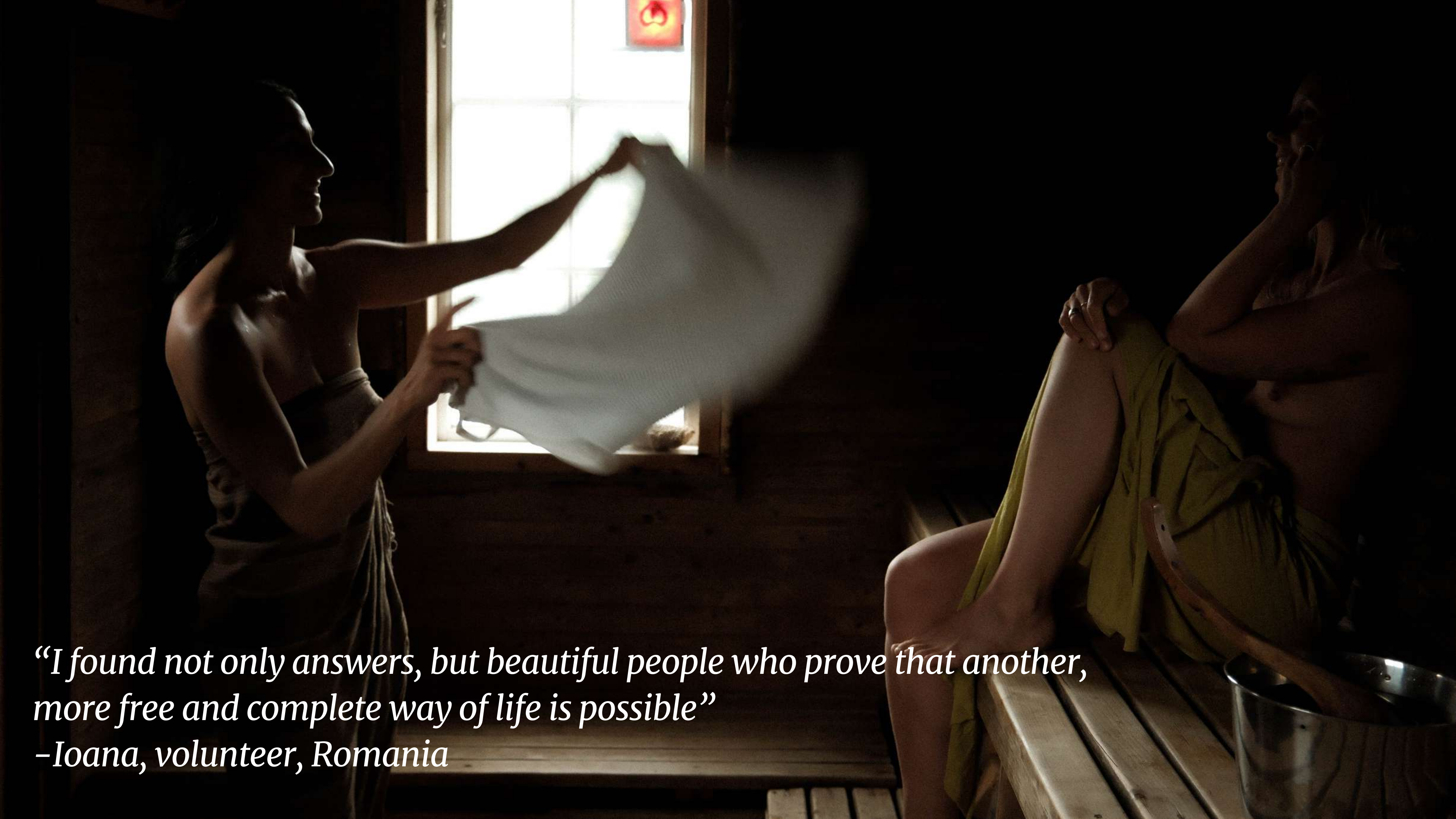


Double bed hut , close to shared bathrooms, showers and all other amenities. Quiet foresty area.

FOREST HUTS: SHANTI



Double bed hut , close to shared bathrooms, showers and all other amenities. Quiet foresty area. Lake view.



“I found not only answers, but beautiful people who prove that another, more free and complete way of life is possible”

–Ioana, volunteer, Romania

OUR WOOD-FIRED LAKE SAUNA:



Daily wood fire floating sauna on the lake, as one of the highlights of our place. Extra sauna sessions and sauna rituals available on request.

TREATMENT HUT:

Photo credit: Joris Van Edmunda



Treatments are available for booking with our passionate bodyworkers in our treatment hut,
(subject to availability).



*"I've never had a student complain about the food.
In fact, they ask for recipes"
- Laura, teacher, UK*

OUR KITCHEN:



OUR KITCHEN:

- Vegan. *
- Gluten free. **
- Mostly organic ingredients.
- Abundant, creative buffets.
- High quality oils and fats.
- Home baked bread.
- Chef's dessert specials.
- Digestive spices.
- No refined sugars or artificial sweeteners.

*Protein can be added upon request.

** Traces of gluten can be found



OUR BESTSELLING COOKBOOK!

After years of requests from our customers, we finally ventured into creating our **highly acclaimed cookbook**.

Since then, our recipes and the stories of our community chefs have **inspired hundreds of yogis** at home.

Our coobook follows **Shambala's philosophy**: life is sweeter when shared.

Focused on cooking with love and precense, our cookbook invites our readers to leave the screens behind, and build **community** in their lives by cooking for family and friends.

Due to its success, **a new edition** is on its way: home-made bread and desserts to make every belly smile!



BOOK AN EVENING OF MUSIC:

From the very beginning, music nights were woven into Shambala's roots: born from community living, the yoga path, and our artist residency. These quickly became a **beloved ritual**.

Led by our co-founder Johan Svanborg, these kirtan and group-chanting sessions invite everyone to **find their voice together**.

What follows is simple and profound: two hours of call-and-response, live musicians, and a shared **rhythm that melts into stillness**.

True to Shambala's spirit, the night is less about performance and more about **community**: real people, real presence, hearts opening in song.

It's often named the **highlight of a retreat**, and we're delighted to offer it for your group upon request.





*"Shambala, is, still after 7 months, supporting my being,
I still feel it uplifting my body and mind and guiding my
daily life towards my true self, like a light house."
– Ana, guest, Spain*

VOLUNTEER COMMUNITY:

Shambala's volunteers come from all over the world: **yogis, artists, travellers**, and seekers from every walk of life, drawn by a wish to serve lovingly and to **learn the art of living in community**.

While with us, they train in Non-Violent Communication, **conscious collaboration**, and Karma Yoga (glad acceptance of whatever arises).

Their quiet dedication is the **hearth-fire** of Shambala. These selfless hearts weave the atmosphere that makes Shambala **feel like home**. If you meet them, offer a smile, a hug, a word of thanks; or invite them to a class.



HOW IT WORKS

Booking Options

Choose what fits your group and season

HIGH SEASON

May–September + mid Jan–February

FULLY CATERED

Parallel retreat

Share the centre with another retreat happening alongside yours.
Your own yoga sala and guest rooms.

Minimum 10 or 15 guests • depending on sala.

Exclusive use

Your group enjoys exclusive use of the entire retreat center, with no other retreats taking place during your stay.

Minimum 25 guests.

SELF-CATERED

Self-catered, keys in hand

The center is yours. You bring your team we hand out the keys.

Minimum 10 guests

Freelance caterer available

We can connect you with one of our excellent caterers, just ask.



HIGH SEASON HOSTING:

Arrive, exhale, and teach.

In high season we run **full service** with a calm team that **handles everything** end-to-end.

We welcome your group at reception, manage rooming and linens, keep spaces spotless, coordinate pick-ups and drop-offs on request and we fire the sauna every evening.

Our kitchen serves wholesome, fully catered meals with tea served all day.

Your manager, chef, admin, and hosts are on site throughout to keep the schedule smooth and **adapt to your needs**.

Most teachers say it feels like being on retreat themselves: all you need to do is guide the practice.

High season goes from **May – September + February**



INVESTMENT • HIGH SEASON

Catered retreat pricing

May–September + Jan–February

PER NIGHT . PER PERSON (INCL. 12% VAT)

Twin room	1,590 kr
Triple / 4 bed	1,450 kr
Soulpad tent camping	2,000 kr
Soulpad tent partner	1,200 kr
Private room	2,100 kr
Forest hut twin	2,000 kr
Own tent / caravan	950 kr

sponsored spaces

2 x 50% OFF

WHAT'S INCLUDED

- ✓ Three vegan buffet meals daily
- ✓ Fresh tea available all day
- ✓ Dessert and home-made bread on alternate days
- ✓ Daily wood-fired sauna
- ✓ Yoga sala + props
- ✓ Daily cleaning + hospitality
- ✓ Post-retreat cleaning
- ✓ Guest check-in + event hosting
- ✓ Lake, forest, canoes, SUP, fire pit
- ✓ Teacher's private hut + food
- ✓ Registrations, payments, and guest communication
- ✓ Event page on our website + social media post
- ✓ Pick up and drop off from train station

TEAM FREE OF CHARGE

1 teacher	per 15 guests
2 teachers	per 25 guests
3 teachers	per 35 guests

extra team	half price
photographer	free

NEED FLEXIBILITY?

Larger group or financial support needed?
Reach out! We'd love to explore how we can
make it work together.

Also available bus shuttle (extra cost) • larger group rates on inquiry

** If you come across a **comparable** retreat centre with lower prices,
please let us know; we'll do our best to match them



LOW SEASON HOSTING:

In low season, Shambala becomes your group's **home base**: you receive a key to a warm, clean, fully prepared centre and the freedom to run your retreat exactly as you wish, for a **fraction of the high-season price**.

You manage your own schedule and catering (ideal if you travel with your own volunteers or prefer a community-run vibe), while our **winter caretakers** remain on site for anything essential.

It's simple, spacious, and affordable: **full access** to the salas and accommodation, the autonomy to create your flow, so you can keep participant prices low without compromising on the retreat feeling.

Do you prefer with catering? Get in touch!

Low season goes from October – April excl February.



INVESTMENT • LOW SEASON

Self-catered retreat pricing

October–April (excluding February)

PER NIGHT • PER PERSON (INCL. 12% VAT)

2 nights	806 kr
3 or 4 nights	760 kr
More than 4 nights	740 kr
Larger groups or Longer duration	620 kr

all beds • tents not available

winter cleaning fee	2500 kr incl. vat
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sponsored spaces	2 x 50% OFF
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WHAT'S INCLUDED

- ✓ Exclusive access to entire center
- ✓ Fully equipped kitchen
- ✓ Onsite winter caretaker support
- ✓ Lakeside sauna
- ✓ Lake, forest, canoes, SUP, fire pit
- ✓ Your event page on our website
- ✓ Bookings, payments + online customer support
- ✓ Event page + social media post

TEAM FREE OF CHARGE

1 teacher	per 15 guests
2 teachers	per 25 guests
3 teachers	per 35 guests

chef + assistant	free
photographer	free

NEED A CATERER?

We can connect you with one of our excellent caterers — just get in touch.

Also available: bus shuttle (extra cost) • larger group rates on inquiry

****** If you come across a **comparable** retreat centre with lower prices, please let us know; we'll do our best to match them



Skinnskatteberg, Sweden



shambalagatherings@gmail.com



shambalagatherings.com



@shambalagatherings

FROM FIRST HELLO TO RETREAT DAY

5 Easy Steps

Here's how we work together

1

Discovery Call

Ask us anything — we love to help

Dates are limited — start the conversation early

2

Reserve your dates

35% deposit locks your dates.
Fully refundable up to 5 months prior.

Concerns? Just get in touch

3

Website listing

We create your event page
and open bookings on our platform.

4

Pre-retreat care

We handle all customer service
for your guests on the lead-up.

5

Retreat day

Teach and relax —we handle everything else.

READY WHEN YOU ARE

Let's start with step one — **book your discovery call today**

Write to us at : hello@shambalagatherings.com



GLAMOUR

VANITY FAIR

**SCANDINAVIAN
TRAVELER[®]**

**TRAVEL+
LEISURE**

MODERNA LIVET



LIFESTYLE ASIA
YOUR ACCESS TO THE GOOD LIFE

omyoga
& lifestyle