



We offer the Following Retreats at Ask Retreat Centre in 2018-19:

<p>New Year Retreat 29/12 - 1/1 Long Weekend, Beginners - Audhild & Bjarke</p> <p>Weekend Retreat Feb. 22-24 Beginners - Audhild & Bjarke</p> <p>Easter Retreat April 17-22 5-days Intensive - Audhild & Bjarke</p>	<p>Whitsun Retreat June 7-10 Long Weekend, Beginners - Audhild & Bjarke</p> <p>5-days Retreat July 2-7 Beginners - Hamsananda & Yoga Shakti</p> <p>10-days Retreat July 10-20 Beginners to Experienced - Audhild & Bjarke</p> <p>5-days Retreat 30/7-4/8 Beginners - Audhild & Bjarke</p>
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Prices, Enrolment and Payment

We run small and intimate retreats with up to 14 participants. Reserve early, courses often fill quickly.

The New Year Retreat is from Friday 6.30 pm to Monday at noon. *Fee:* NOK 4.320.

The Weekend Retreats are from Friday 6.30 pm to Sunday 4.30 pm. *Fee:* NOK 3.600.

The Easter Retreat is from Wednesday 6.30 pm to Monday at noon. *Fee:* NOK 7.200.

The Whitsun Retreat is from Friday 6.30 pm to Monday at noon. *Fee:* NOK 4.320.

The 5-days Summer Retreats are from Tuesday 6.30 pm to Sunday 1 pm. *Fee:* NOK 7.200.

The 10-days Holiday Retreat is from Wednesday 6.30 pm to Saturday at 1 pm. *Fee:* NOK 13.500. When enrolling please pay the deposit NOK 3.500. The rest is paid at least 14 days before the retreat starts.

Bring with you: Comfortable loose clothes for yoga, bedclothes (can be hired as well for NOK 110), water proof and solid footwear.

Single room can be reserved by paying extra. Contact us. Limited number. **Discount** 20% for Students. The course fee includes teaching, vegetarian food and lodging.

Enrolment is done in our web shop at askyoga.com, which accepts secure payment with PayPal, VISA and MASTER. **After enrolling** we will email you a confirmation with further information on how to get here by car or bus from Bergen.

Cancelling your Booking

Cancellation must be done in writing either per mail or email. When cancelling later than 1 month before the course you will have to pay 40% of the course fee. Later than 14 days 60% and later than 1 week before or if you cancel the booking after the start of the retreat you will have to pay full price. *Cancellation due to illness:* Attach medical certificate or doctors statement which verifies your illness, and and you only pay a 10% cancelation fee.

Flight: The local airport near Bergen is called 'Flesland'. From Europe you may try to find cheap tickets to Bergen Airport Flesland (BGO) by Norwegian Air og SAS. Bergen is only approx. 1-2 hours flight from the big capitals of Europe and it takes only 1 hour by bus or taxi to get to Ask Retreat Centre!

Read the brochure about Ask Retreat Centre, the teaching and the conditions of participation

Yoga courses in Norway since 1983

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