

Rocket Intensive

with Frida Starvid

Thurs 27 - Sun 30 June (4 days / 3 nights)

At Lindeborgs Eco Retreat, Nykyrka, Lida 1
(1,5 hr from Stockholm)

Book by email: frida.starvid@gmail.com



About The Weekend

This is a 4 day - 3 night intensive training / retreat, perfect for those who want to take a deep dive into the teaching of Rocket, and for intermediate to advanced practitioners who just want a retreat filled with the world's most fun yoga! Twice a day, there are practical sessions for everyone to join (asana/workshop), and in-between are training modules that are open for all but that you can choose to skip if you're just there for a retreat. Instead, you'll spend another hour in the sauna, taking a dip in the eco pool or walking in the forest. After a day of practice you will sleep like a baby in the luxurious rooms of Lindbergs. Meals are prepared by Cecilia Olsson, with highest care to ecological produce, enjoyed in the orangerie. Get ready for 4 lush, fun and intensive days of Rocket!



Retreat / Training Program

Thursday

15:00 Check in and snack

16:00 - 18:00 Presentation round + Rocket practice

18:30 Dinner

20:00 - 21:00 *Theory of Rocket series 1, 2, 3 (training module)*

Friday + Saturday

06:30 Wakeup

07:00 - 08:00 Meditation and pranayama (optional)

08:00 Breakfast

09:00 - 10:30 *FRI: Variations + How to theme classes (training module)*

SAT: Cueing + Demonstration (training module)

10:30 - 12:00 Rocket practice/workshop

12:00 - 14:00 Lunch break

14:00 - 15:30 *FRI: Adjustments and assists (training module)*

SAT: Explaining advanced postures (training module)

16:00 - 18:00 Rocket practice/workshop

18:30 Dinner

Sunday

06:30 Wakeup

07:00 - 08:00 Meditation and pranayama (optional)

08:00 Breakfast

09:00 - 10:30: *Workshop (training module)*

10:30 - 12:00 Rocket or Yin practice

12:00 Lunch and wrap-up

13:30-ish: Thank you gang!

* program might be subject to change.

How To Get Here

By Car: 1,5 hour drive from Stockholm. Road E4 to Nyköping, then road 52 towards Katrineholm and Örebro. Pass Stigtomta after 15k, after another 4k turn left towards Nykyrka. Go across the railroad track, follow the road to the end.

By Train: Take the train to Nyköping (about 1 hour from Stockholm). From here take bus 760 or 765 to Nykyrka (Stigtomta). From here it is a 20 min walk to Lindeborgs.

Sign-up & Payment

Sign up by email to frida.starvid@gmail.com

Payment can be made by bank transfer or Swedish BG.

Let us know when you book if you want to pay by invoice.

Payment max 14 days after booking to secure your spot.

** Remember to use your company to pay for the weekend if applicable.*

9500 SEK shared room / cottage (3 rooms)

9500 SEK shared eco suite (2 rooms)

9900 SEK single room (1 room)

See all accommodation types on www.lindeborgs.com

Cancel at least 30 days prior to training for full refund.

Less than 30 days prior to training there is no refund.

Booking can be transfered to another person.

Questions?

Questions about the place:

julia@lindeborgs.com

Questions about the program:

frida.starvid@gmail.com

Questions about the food:

cecilia-olsson@hotmail.com

About Frida Starvid

Frida Starvid is a teacher of Meditation, Pranayama, Vinyasa Flow, Ashtanga, Rocket and Yin yoga. Based in Stockholm and trained as an architect, she now works as an artist and creative director of Furö Studios. On the side, Frida teaches classes and workshops as well as hosts events and retreats. She has taught in a number of studios in Stockholm and on several teacher trainings in Ashtanga, Vinyasa and Rocket yoga in Sweden and abroad.



Quotes From Previous Students

"The retreat with Frida couldn't have been any better. The carefully picked location was dreamy, and the program was so well-curated. She is so versatile as a teacher and has so much to share from meditation to rocket, to yin. Everything with a down-to-earth approach that makes you feel like you belong to the pack right away."

Carmen Marquez Castro, Spain

"A retreat with Frida is a great gift to yourself, both for advancing your yoga practice and just to indulge in some quality time. Frida is one of the greatest teachers I have met as she helps you advance, is incredibly pedagogical and adds humor to classes. Because of her ambitious practice and great personality, she attracts interesting people to get to know. She isn't only an awesome yoga teacher but also has an eye for other good things in life, meaning that she herself is a quality stamp for the whole experience including food and accommodation."

Anna Richter-Olsson, Sweden



About Lindeborgs Eco Retreat

Lindeborgs Eco Retreat is beautifully situated at the end of the road by lake and forest, outside Nyköping, 120 kilometers from Stockholm. With innovative agriculture and vegetable gardens, beekeeping, flower meadows, biochar production and a biological water treatment system, we work to create a vibrant and healthy system for life in all its forms. Here you can unwind in a peaceful, beautiful and sustainable environment. At the center of the farm is the Eco Barn, a hundred year old barn renovated with sustainable and natural materials and a conscious design idea. Here you will find a conference and yoga room with a magnificent view of Lake Hallbosjön and different types of accommodation.

