

21-26 February 2025



Norway Retreat



A yoga & adventure experience in the Arctic Circle.



Escape to a private island ...

Retreat to Manshausen - a private island situated in the Steigen Archipelago off the coast of Northern Norway, famed for its spectacular juxtaposition of steep mountains, vivid green seas, and award-winning futuristic architecture. Stay in your own secluded sea cabin, with floor to ceiling glass walls, revealing the most wondrous ocean vistas and glimpses of the Northern Lights. Thrive on twice daily yoga with Nina and feel energized on guided kayak and hiking trips. Enjoy seasonal, regional cuisine, prepared by Manshausen's celebrated chef and connect with like-minded adventurers next to a crackling fire, or in the Nordic sauna.



Your retreat guide



Nina Butler

Nina grew up in the South African wilderness roaming barefoot beneath sunny skies, in awe of earth's wonders. She was a high-school drop-out who traded the classroom for a yacht skipper's qualification, and started working on private yachts in the Mediterranean at 16 years old. This was the ultimate 'university of life' that led her into various culinary, viticultural, spiritual and artistic pursuits around the world.

She did eventually navigate back to formal education, and defended a Doctorate in Philosophy in 2015. Soon thereafter, she launched a start-up offering bespoke, multilingual yoga trainings online. This flowered into an in-person yoga travel and adventure experience business, and various consulting opportunities in brand strategy and communication. Nina is currently based in Oslo, Norway.

Anticipate a journey with...



A NORWEGIAN FJORD

Stay on the private island, Manshausen, owned by Norwegian explorer, Børge Ousland. It is situated with unprecedented views of the breathtaking Lofoten fjord, and is entirely isolated, giving you the feeling as though you are suspended in place and time. This is the perfect retreat location; unplug, unwind, reconnect with the mountains and the sea!

AURORA BOREALIS

Retreat to Manshausen in late February - dates carefully selected for the reason that you can see Northern Lights (Aurora Borealis) at this time of year, and yet the daylight hours are long enough to enable us to take advantage of adventure activities. Don't forget to take in the mystical 'Arctic blue light' in the long dusk periods after sunset!



ORGANIC, REGIONAL CUISINE

Breakfast at Manshausen is buffet-style, with fruits, yogurt, muesli, cheeses, cured meat and smoked salmon, eggs, breads, jams and preserves. Lunch is a single course light meal, usually a pasta or rice dish with salad. Dinner is a special affair, as the talented Manshausen chef treats us to a 3-course ritual. Almost all ingredients are seasonal, local and organic.



KAYAKING IN THE FJORDS

The kayak is a humble yet ingenious vessel that gives you an intimate connection with the waters. Regardless of the season, kayaking is something that everyone can enjoy! We'll be safely guided on a 4hr kayak trip through the surrounding fjord. Drysuits and equipment will be provided, as well as warm drinks and lunch.

HIKING TO A VIKING CAVE

We'll be guided on a 2-3hr hike and cave exploration to Resshola Cave. The starting point for this trip is Oksholmen on the northern edge of the fishing village of Nordskot. We climb upwards from there through woodlands until we reach Resshola, a 140m deep hidden cave steeped in Viking lore. We'll have lunch packs and warm drinks.



WELLBEING & RELAXATION

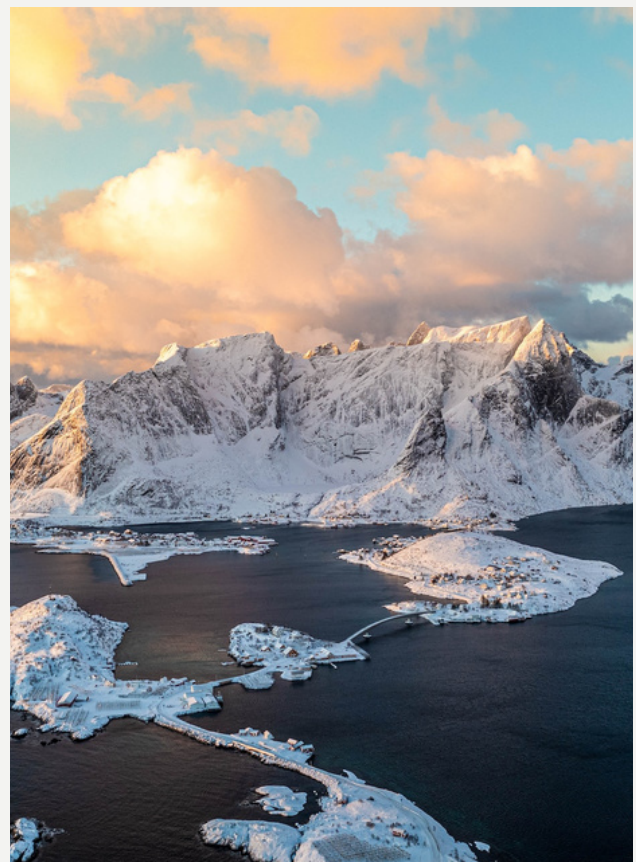
Daily yoga is an enabler for you to make the most of your time on Manshausen, giving you an energy boost, calming your nervous system, bringing you to the present moment, and helping you to truly appreciate and enjoy the stunning natural surrounds! There is a Nordic sauna on the island for our use - and an optional plunge in the arctic sea!



Retreat location: Steigen, Norway

Situated in the Steigen Archipelago off the coast of Northern Norway, the island of Manshausen lies in the middle of the Grøtøy strait between the dramatic peaks of the Lofoten mountains and the Barents Sea. Manshausen and the surrounding archipelago are an outdoor adventurer's dream with endless winter and summer sports and dramatic unspoiled natural beauty.

Our retreat will be held in late winter, when there are still opportunities for Aurora Borealis (Northern Lights) sightings. There will be snow and ice on the surrounding mountains, and Steigen is well within the Arctic Circle. However, as we are right on the edge of a sea warmed by the Gulf Stream, the temperatures tend to hover around zero celsius and it does not get as cold as inland areas this far north. February is late winter - expect average temperatures: low -5°C / high 5°C (low 23°F / high 41°F).



Your accommodation: Nordic cabins on Manshausen

Set on 55 acres, there are 7 sea cabins that have dramatic floor-to-ceiling windows. In addition, there are 2 new towers with glass ceilings as well as glass in the front of the structure. The main house accommodates the kitchen, dining area, and library. This striking collection of Architizer award winning cabins was commissioned by renowned Norwegian polar explorer Børge Ousland in partnership with architect Snorre Stinnesen. Constructed and assembled on site, the prefabricated cabins were designed to limit the impact on the pristine environment, highlight the beauty of the landscape, and provide maximum privacy and comfort. Each cabin has its own special view and time of day where it is most stunning.

Each cabin/tower has a queen bed, lounge area, kitchen, bathroom and additional small room with a bunk bed. There is a Nordic sauna on the island, and jacuzzi!





All the retreat details ...

Getting there



ARRIVAL:

Fly to Bodø Airport (BOO). Connections to this small regional airport are through Oslo Gardermoen International Airport (OSL). From here it is a 5 minute bus, or taxi, to Bodø Sentrumsterminalen båt. The daily express boat from Bodø (Sentrumsterminalen båt) to 'Nordskot hurtigbåtkai' (Steigen) takes 1.5 hours, and departs at 18:00 every day.

The ferry arrives at Nordskot at 19:20, and the friendly Manshausen staff will be there to meet us, and will take us directly across to the island via private boat.

DEPARTURE:

We depart on 26 Feb on the 07:55am ferry leaving Nordskot for Bodø Sentrumsterminalen båt.

The Manshausen boat will take us to the Nordskot harbour by 07:30 on the 28th of Feb. We arrive back in Bodø by 09:30.

Don't hesitate to ask us for assistance or advice on further travel in Norway.

Retreat package

WHAT'S INCLUDED

- 5 nights accommodation in a sea cabin on Manshausen Island
- All meals - breakfast, lunch and 3-course dinner daily
- 2 yoga classes per day, led by Nina
- 4-hour guided kayak adventure through the fjord
- 3-hour guided hike and cave exploration
- Return Boat transfers - Nordskot to/from Manshausen Island
- Daily use of the Nordic sauna
- Gift bag

NOT INCLUDED

- Flights and travel to/from Nordskot
- Visas
- Alcoholic and other beverages
- Hot tub rental
- Other activities/adventures bookable direct with Manshausen

BOOKING TERMS

- A non-refundable deposit is required to secure your spot.
- The balance payment is due by 7 January 2025.
- If there is an unforeseen circumstance that causes us to postpone the retreat, all payments will be paid forward to new dates, or refunded in a voucher.
- It is strongly advised that you take out travel insurance.



All the options ...

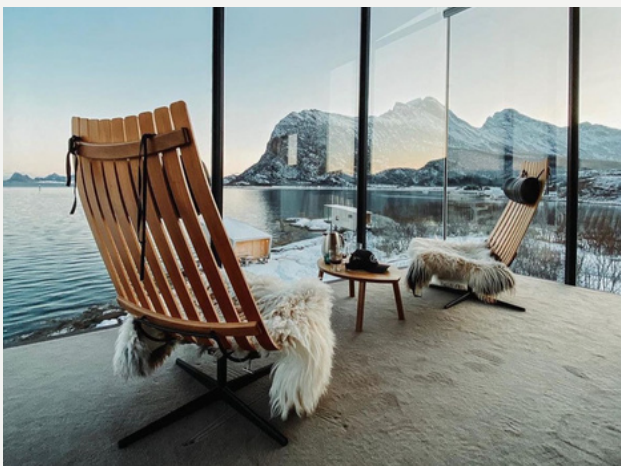
Retreat investment



SINGLE CABIN

Single occupancy - 49,499 NOK

Deposit - 14,730 NOK



DOUBLE CABIN

Double occupancy - 58,999 NOK

Deposit - 17,430 NOK

Each cabin has a queen bed in the main front area with floor to ceiling windows, as well as a separate smaller room with a double bed.



SHARING CABIN

Double occupancy p/p - 29,799 NOK

Deposit - 8,725 NOK

It is advisable to book sharing with a friend or partner. We can pair solo travellers in a sharing cabin, subject to availability.

All the options ...

Retreat investment

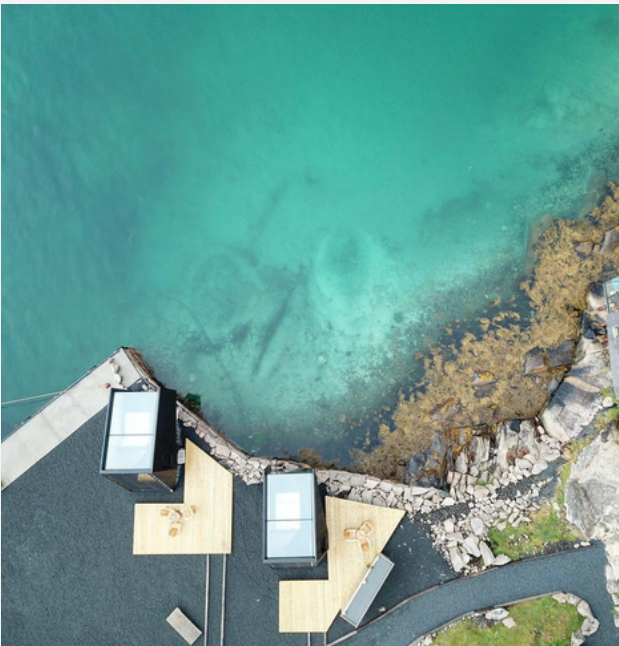


SINGLE TOWER

Single occupancy - 62,699 NOK

Deposit - 14,730 NOK

The Admunsen and Nansen towers are the latest editions to the island, offering an elevated Nordic living experience, with 2 stories and EPIC sky and sea viewing opportunities through the glass ceilings!



DOUBLE TOWER

Double occupancy - 72,099 NOK

Deposit - 17,430 NOK

Each tower has a queen bed, a double bed, a bathroom, a living area and small kitchen, all set over 2 floors with stairs.



CONTACT US

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