

3-6 May 2024



# Storfjord Retreat

*A spa & yoga escape in the Sunnmøre Alps*



# Your spring reset & wellness weekend in the Norwegian Alps.

Imagine a hotel made of the forests of Norway, perched atop a mountain overlooking the 'Storfjord' (meaning, great fjord), with views of the breathtaking Sunnmøre Alps in the distance. You're invited to the slow-life hideaway, a luxury boutique hotel with an unpretentious, earthy and homely atmosphere for a spring reset. Escape to the timeless, healing energy of high mountains and deep fjords for a wellness weekend of yoga, relaxation, delicious regional cuisine, connection and Nordic spa time.



# 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 FJORD DEEP DIVE

Storfjord is known as a 'slow-life hideaway', a luxury boutique hotel situated in the heart of the Sunnmøre Alps with the most breath-taking fjord views. The hotel is surrounded by Norwegian forest, lakes, mountain walking paths and abundant nature and is crafted in the style of a traditional Norwegian hytte, or cabin, with cozy, homely touches.

## INSPIRED YOGA & MEDITATION

Thrive on daily yoga and meditation with acclaimed international yoga instructor, Nina. Each morning we'll enjoy a transformative and inspiring Vinyasa session, and the evenings offer a relaxing yin and meditation session to help you wind down and sleep soundly. Nina's teaching style is accessible and adaptable to the needs of our retreat group.



## A NORDIC SAUNA & SPA

Spring is the perfect time for an indulgent spa getaway and Storfjord has a fantastic menu of spa treatments on offer. You are welcome to use their Nordic sauna and outdoor jacuzzis whenever you like. Imagine detoxing, relaxing and reviving the senses with views of the woodlands and distant mountains in crisp, pristine spring air.



### REGIONAL, FRESH CUISINE

The kitchen at Storffjord is renowned for its passion for local food. Expect unpretentious gourmet fine dining in a cozy log cabin atmosphere. The menu designed by Head Chef Nils Flatmark is fresh, seasonal and regional, with an emphasis on Norwegian reimagined classics. Be sure to savour Storffjord's excellent organic honey and beer!

### A CERTIFIED GREEN HOTEL

Storffjord Hotel is a certified green hotel and proud member of the Norwegian Organisation 'Eco-Lighthouse'. Sustainability is at the core of Storffjord values and operational practices; they are a plastic free hotel and have commendable waste management. They are also engaged in various community projects and regular patrons of small businesses in the Sunnmøre Alps.



### A SPRING RESET

Spring is a transitional season, inviting us to shake off the cobwebs of winter, dust off the inertia that fills our bones in the dark and cold, and embrace fresh air, colour and movement. Spring is an awakening within us, and without. This retreat is a spring-time reset; an opportunity for you to escape the everyday, relax, treat yourself, and rejuvenate your body, mind and spirit in scenic natural surroundings.



# Retreat location:

## Sunnmøre Alps, Norway

The Sunnmøre Alps are a mountain range in the Sunnmøre region of central western Norway. They are renowned for their jagged, dramatic beauty as they have peaks reaching 1,700 meters (5,600 ft) soaring up out of the fjord. This is an adventure-lovers paradise with summit-to-sea skiing in the winter, and hiking, biking and kayaking in the summer. The mountains are located an hour's drive from the picturesque art-nouveau town of Ålesund, which is known historically as a fishing center, and is well as a well-connected international airport. May is spring, so expect long daylight hours, blossoms and melting snow. Expect average temperatures: maximum 11°C/ 52°F - minimum 6°C/ 43°F.



# Your accommodation: Storfjord Hotel

*Storfjord Hotel is a meeting of Norwegian traditions and modern design. All the suites are comfortable and spacious, with modern amenities, deliciously plush, large beds, and unique vintage furniture pieces. There are charming libraries with crackling fires and fascinating book collections, a stately dining area, inviting nooks and corners from which to soak up the views, and a wellness center with treatment rooms, a sauna and outdoor jacuzzis. Storfjord is surrounded by forests with walking paths in all directions, and is blissfully quiet and secluded. Sustainability is at the core of their ethos and operations, and Storfjord is proud to be a certified green hotel.*







# All the retreat details ...

## Getting there

### ARRIVAL:

Check in is from 16:00 on 3 May 2024.

We will be organising a private van transfer from Ålesund Vigra Airport to Storjord at 16:30 on 3 May. This van will pick up those arriving on the recommended flight from Oslo - DY410 Norwegian Airlines arrival 16:10 - or anyone else who has arrived earlier. We meet for a welcome dinner at 19:00.

### DEPARTURE:

We say farewell to new and old friends after yoga and breakfast on 6 May.

We have organised a private van transfer to Ålesund airport, departing Storjord at 12:00. There is a 14:00 recommended flight departing Ålesund for Oslo (SK1321, SAS).

If you have onward travel you are welcome to arrange your private departure anytime over the day.



# Retreat package

## WHAT'S INCLUDED

- 3 nights 5-star accommodation
- Daily breakfast, lunch and dinner
- Yoga and meditation 2x daily with Nina
- Cacao ceremony in Storfjord's teepee
- Discount voucher for spa treatments
- Unlimited use of sauna and jacuzzis
- Van transfer to/from Ålesund airport
- Gift bag

## NOT INCLUDED

- Flights to/from Ålesund
- Visas
- Alcoholic and other additional beverages
- Spa treatments
- Gratuities

## BOOKING TERMS

- The deposit is non-refundable and required to secure your spot.
- The balance payment is due by 3 April 2024.
- 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 3-6 May 2024



### SHARING SUITE

Double occupancy p/p - 18,599 NOK  
Deposit - 5,580 NOK

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



### SINGLE SUITE

Double occupancy p/p - 22,199 NOK  
Deposit - 6,600 NOK



*“For me, the best part was the format of this trip – your days are perfectly planned for you with the ideal mix of activity and free time such that you have zero decisions to make. Your mind can be at ease and you can trust that Nina has built and planned a trip better than any you could plan for yourself.”*

*~ Marissa, 2022*



*Escape to the timeless, healing energy of high mountains and deep fjords*

[Click here to book](#)



CONTACT US

[nina@inretreat.co](mailto:nina@inretreat.co)

+4792206221

[inretreat.co](http://inretreat.co)