Saga of Stillness

Retreat to Norway

October 12-18,2026



WRITE YOUR OWN STORY

Escape to a place where time slows down, the air feels cleaner and nature rises in majestic silence around you. Nestled among Norway's iconic fjords, this retreat offers a rare opportunity to find stillness in the wild beauty of Norway.



MAKE HYGGE

…or Koselig as they say in Norway! Our home for the week is the historic Hotel Union Øye. Located at the end of the Hjørundfjord, a beautiful and remote setting among the Sunnmøre Alps. Established in 1891, the hotel has hosted many notable figures throughout its history and offers sumptuous rooms, cozy common spaces, and a gourmet restaurant. From the hotel you can access several hiking trails, kayak rentals, e-bike rentals and floating sauna.



PLANNING YOUR TRAVEL

The dates of our retreat are Monday October 12 through Sunday October 18, 2026. The route of travel is to fly into Oslo (OSL) to then take a domestic flight to Hovden Airport (HOV). Domestic flight can be booked through https://www.wideroe.no/en

Since most international flights to Oslo will be overnight, book your travel for the day before the retreat to arrive on October 12. If you like you can arrive a few days earlier to catch up on sleep and explore Oslo. Iceland Air has the most options for flight times that work with our domestic flights.

Give yourself a minimum two hours between your international flight and your domestic flight to account for collecting and rechecking baggage, etc.

Group transport from HOV airport is included in the retreat. Please book the following domestic flights to join the group transportation to the hotel. If you arrive outside of these times you will be responsible for the cost of transportation to the hotel.

Flight details

Date: Monday 12 October

Total travel time: 1h 10m (direct)

15:15 **Oslo, Gardermoen (OSL)**

Flight: WF171
Operated by: Wideroe
Aircraft: De Havilland Dhc-8 100 Series

16:25 **Ørsta-Volda, Hovden (HOV)**

Flight details

Date: Sunday 18 October

Total travel time: 1h 10m (direct)

10:20 **Ørsta-Volda, Hovden (HOV)**

Flight: WF151
Operated by: Wideroe
Aircraft: De Havilland Dhc-8 100 Series

11:30 **Oslo, Gardermoen (OSL)**

SAMPLE DAY

8am Breakfast

9:30 Yoga

11-5 Free Time

5pm Yoga

6pm Dinner



FREE TIME

Included in your retreat is a private half-day fjord cruise. We'll explore the towering peaks and cascading waterfalls of Norangsfjorden and stop for lunch in the roadless village of Trandal.

On site at the hotel is a private floating sauna where you can soak in the mountain views and cool off with a refreshing dip in the fjord. The sauna is open daily for hotel guests from 8-10am. We will book a few private sessions for our group throughout the week.

From the hotel you can access several hikes, kayaking tours, rent e-bikes and book helicopter tours.

WHAT TO BRING

The weather will range from 40-55. Expect crisp mornings and evenings with a mix of sun, rain or snow. Bring quality layers and waterproof outerwear and shoes if you plan on outdoor activities. Around the hotel the vibe is cozy and casual. Include a swimsuit, yoga clothing, journal, e-reader or books, and reusable water bottle. You'll also need to bring a yoga mat, two yoga blocks and a strap.

CANCELLATION POLICY

Deposit is refundable through May 1, 2026 less $200 cancellation fee after such time all payments are non-refundable. If for any reason this retreat is canceled all payments will be refunded in full.