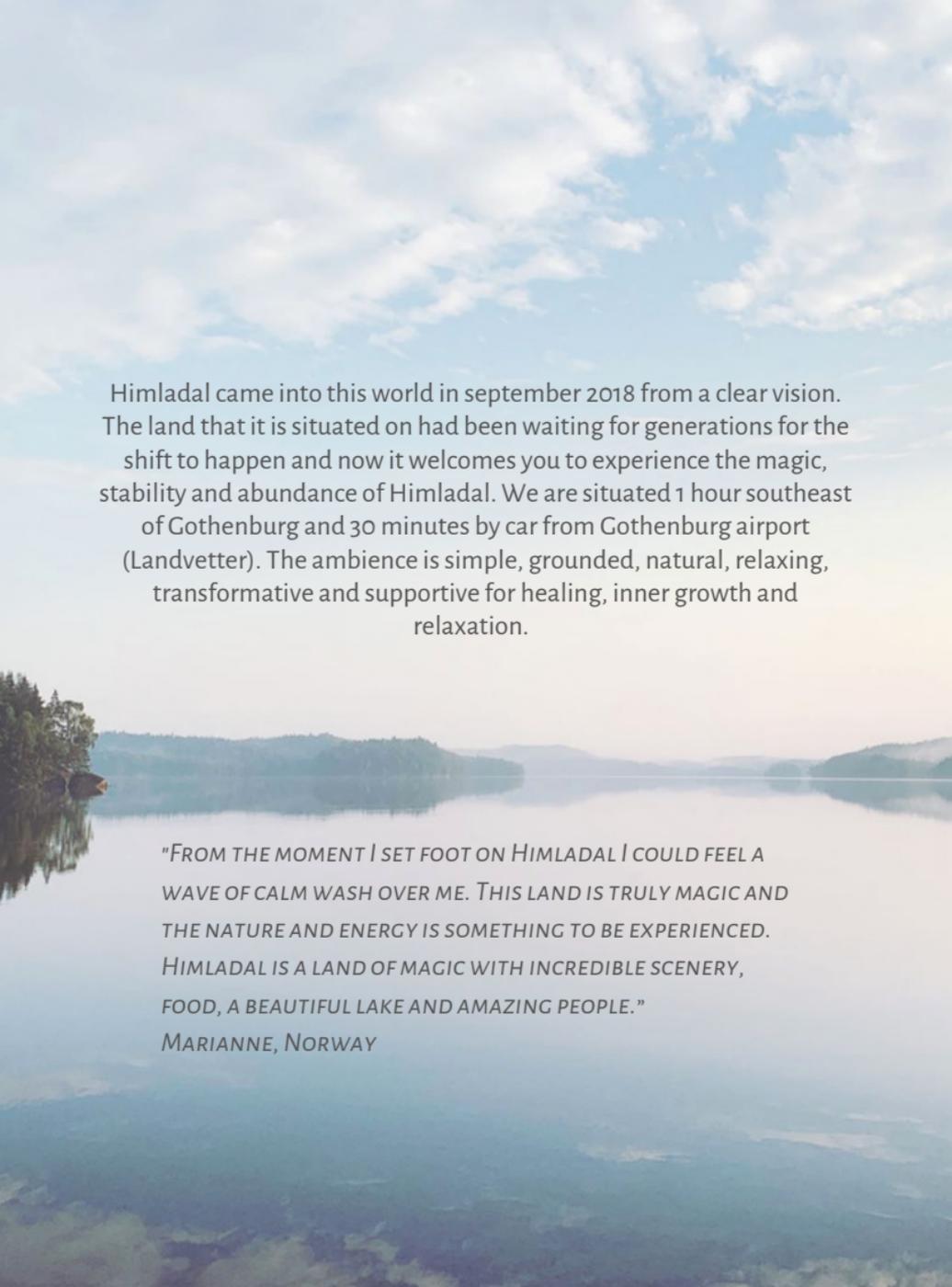


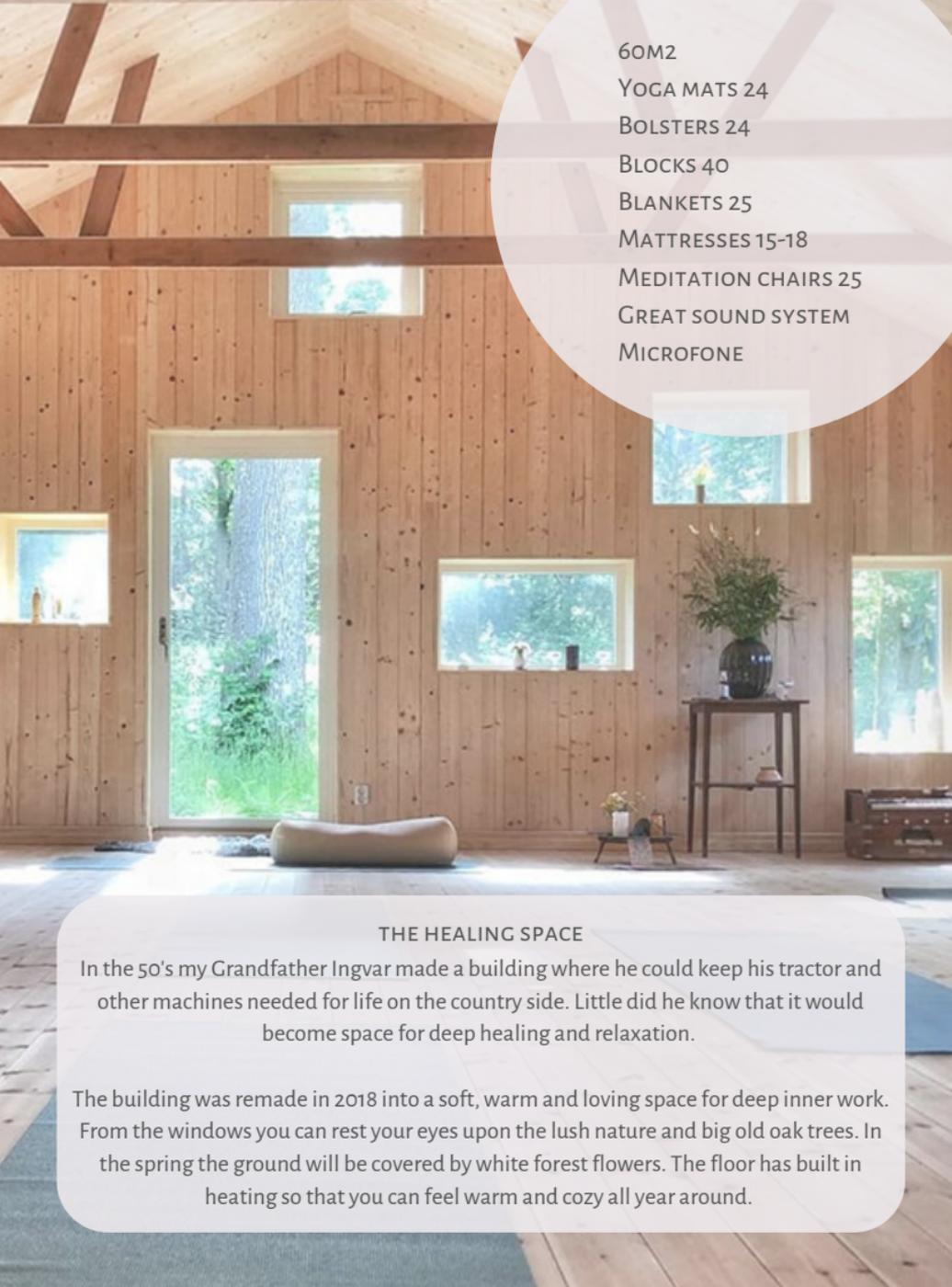


Himladal
SANCTUARY FOR HEALING AND TRANSFORMATION



Himladal came into this world in september 2018 from a clear vision. The land that it is situated on had been waiting for generations for the shift to happen and now it welcomes you to experience the magic, stability and abundance of Himladal. We are situated 1 hour southeast of Gothenburg and 30 minutes by car from Gothenburg airport (Landvetter). The ambience is simple, grounded, natural, relaxing, transformative and supportive for healing, inner growth and relaxation.

"FROM THE MOMENT I SET FOOT ON HIMLADAL I COULD FEEL A WAVE OF CALM WASH OVER ME. THIS LAND IS TRULY MAGIC AND THE NATURE AND ENERGY IS SOMETHING TO BE EXPERIENCED. HIMLADAL IS A LAND OF MAGIC WITH INCREDIBLE SCENERY, FOOD, A BEAUTIFUL LAKE AND AMAZING PEOPLE."
MARIANNE, NORWAY



60M2
YOGA MATS 24
BOLSTERS 24
BLOCKS 40
BLANKETS 25
MATTRESSES 15-18
MEDITATION CHAIRS 25
GREAT SOUND SYSTEM
MICROFONE

THE HEALING SPACE

In the 50's my Grandfather Ingvar made a building where he could keep his tractor and other machines needed for life on the country side. Little did he know that it would become space for deep healing and relaxation.

The building was remade in 2018 into a soft, warm and loving space for deep inner work. From the windows you can rest your eyes upon the lush nature and big old oak trees. In the spring the ground will be covered by white forest flowers. The floor has built in heating so that you can feel warm and cozy all year around.



Himladal has been in the family since 1863 and the main house was built when my Grandmother was just a little girl in 1934 by her father and uncle with wood from the nearby forests. Today the main house has a variety of accommodation possibilities and holds 12 beds + 2 in the guest house. You will also find the kitchen, dining room overlooking the lake, a room full of couches to relax, two toilets and one shower. Himladal is always renewing and transforming to make your stay as pleasant as possible.





ROOMS

- 2 single rooms
- 1 room with 4 beds
- 1 room with 6 beds

Guest house with sofa, desk
1 bed á 120 cm and 1 bed á 90 cm (custom
made bunk bed)









In 2019 the old car garage was remade into a lovely guesthouse. This space is perfect for teachers or others in need of own their own space to recharge and relax. The house is 15m2 and have one 140cm bed and one that measures 90cm on top.





Our philosophy is that food is not only fuel or something that is supposed to fill you up. Food is so much more. It carries its own vibration and when it is indulged by all your senses you make it possible for it to serve you, your physical and spiritual vitality to the maximum. At Himladal all the food is made with caring love and when it is season a lot of it comes from our own gardens. At Himladal the food does not only taste delicious but is also vibrantly colorful, full of flavor and is vegetarian/vegan.





Himladal is surrounded by beautiful lush nature in all directions ready to welcome you on your adventure. Here you can find many wonderful spots for meditation, swims in the glittering lake or just some deep rest. Only a few minutes from Himladal you find the 40 km long hiking trail Hyssnaleden with magnificent views that pass through several beautiful nature reserves.



The scenery is so beautiful and for a facilitator, hosting at Himladal is a personal retreat in itself. We do not only get to share our gifts and crafts, but also properly rest and restore. The food Ingrid prepares is made with so much love, care and attention. Retreat and 1 on 1 session participants all feel how special the sanctuary is and all express their desire to come back. I can only recommend this center for your next workshop, retreat or offering. Thank you Ingrid for creating such a special place and allowing me to come and enjoy it every year.

*Delphine Supanya Berger, Founder of Well to Work, meditation teacher, Singapore
www.welltowork.com*

Himladal, I am in LOVE with this place! I have organized two 5 day retreats here. From the moment the participants and I arrived on this special land, we feel the warmth and the calmness of this place. The stress and never ending to do lists are falling away. For me as a facilitator it is a unique place where I actually don't have to DO so much. I can just BE because the place is magical, the food Ingrid makes is heaven and the nature supports everyones journey gracefully. In this way every participant get a taste of their true potential, their uniqueness and their true self. I can't wait to be back!

*Corona Meerman, Cacao ceremonies, yoga teacher, InnerGuidance facilitator,
Netherlands www.coronameerman.com*

It feels like I've been on a one month vacation even though it has only been 5 days. Everything here is so beautiful and it feels as if every little detail has its purpose. I slept so well and Himladal has the feeling of home and a really safe place. I am pregnant and was worried about how it would be with the food but everything has been beyond expectation with fantastic flavors and fresh ingredients. Wow, this has been so fantastic.

Disa Mineur -Holistic reproductive health advocate, Järna, Sweden



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