



SIBBJÄNS · GOTLAND · 25-28 JUNE 2026

Yoga Retreat & Herbalism Workshop

Journey of Yoga, Herbalism & Farm Life - with Sandra Lones

Welcome to Sibbjäns first yoga retreat! During June's most beautiful bloom and endless light, we create space for movement, restoration and the healing power of nature.

DAY 1 Thursday – Arrival

15:00 Check-in & welcome drink

16:30 Farm walk
Dressed for yoga

17:30 – 19:00 First yoga session
90 min

19:30 Dinner
Three-course family-style · Farm to table

DAY 2 **Friday**

07:00 - 08:30

Morning yoga

90 min

08:30

Morning swim followed by breakfast

Farm breakfast

Morning

Herbalism workshop

Herbal learning and plant wisdom with Stephanie Paine for Panacea Plants

Or beach lunch, weather permitting

Lunch

Lunch – on the beach or at Sibbjäns

Weather permitting

17:00 - 18:30

Afternoon yoga

90 min

19:30

Dinner

Farm to table

DAY 3 **Saturday**

07:00 - 08:30

Morning yoga

90 min

08:30

Morning swim followed by breakfast

Farm breakfast

Morning

Herbalism workshop

Herbal learning and plant wisdom with Stephanie Paine for Panacea Plants

Or beach lunch, weather permitting

Lunch

Lunch

On the beach or at Sibbjäns, weather permitting

17:00 - 18:30

Yoga class

90 min

Evening

Aperitif in the wine room followed by the Sibbjäns signature

Six-course farm dinner

DAY 4 **Sunday – *Departure***

07:00 – 08:30

Morning yoga

90 min

08:30

Morning swim followed by breakfast

Farm breakfast

Morning

Optional hike

Sign up the evening before

Check-out & departure

We pack up and carry with us what we've experienced



SIBBJÄNS

Southern Gotland

sibbjans.se