



© Cassandra Rognstad

YOGALÅVEN PÅ DØNNA

Seasonal Opening

Year-round by request.

Capacity / number of guests

To be confirmed.

Duration

From single yoga sessions to weekend retreats, courses and longer stays.

Level

Suitable for all levels. Focus on gentle and restorative yoga, especially Yin Yoga.

Age limit

Suitable for all ages.

Included

Can include: Sauna by the sea, accommodation, nutritious meals, tailor made programmes.

Other requirements / restrictions

Programmes and activities are adapted to the needs and wishes of each group. Advance booking required.

Distance from town

Located on the island of Dønna.

ABOUT

Escape to the peaceful island of Dønna and discover Yugalåven, a unique retreat destination where yoga, nature and well-being come together in perfect harmony.

Surrounded by the dramatic landscapes of Helgeland, with mountains, sea and open skies right outside the door, Yugalåven offers tailor-made retreats and wellness stays designed to help guests slow down, reconnect and recharge. Whether you are looking for a relaxing weekend getaway, a private group retreat or a longer restorative stay, every experience is carefully crafted to create space for balance, presence and renewal.

Guests can enjoy gentle yoga practices with a special focus on Yin Yoga, warming sauna sessions by the sea, nourishing meals and comfortable accommodation in tranquil natural surroundings. The calm atmosphere, combined with the healing power of nature, provides the perfect setting for rest, reflection and personal well-being.

At Yugalåven, every stay is an invitation to pause, breathe deeply and experience the simple luxury of time, silence and connection. From a single yoga class to an immersive retreat, you are warmly invited to experience the beauty and serenity of island life in Northern Norway.



© Cassandra Rognstad

CONTACT

+47 979 80 207

Kjersti.aaker@hotmail.no

www.yogalaven.no