

NØSEN YOGA & FJELLHOTELL

Hosting a Retreat at Nøsen

Your retreat in the Norwegian mountains. A handbook for
teachers and organisers.

VALDRES, NORWAY · 900 M

WELCOME

Welcome to Nøsen

Nøsen is a yoga retreat centre and mountain hotel in Valdres, 900 metres above sea level. You bring your teaching and your group. We take care of registration, payments, accommodation and meals, and give you a fully equipped shala, so you can concentrate on your programme.

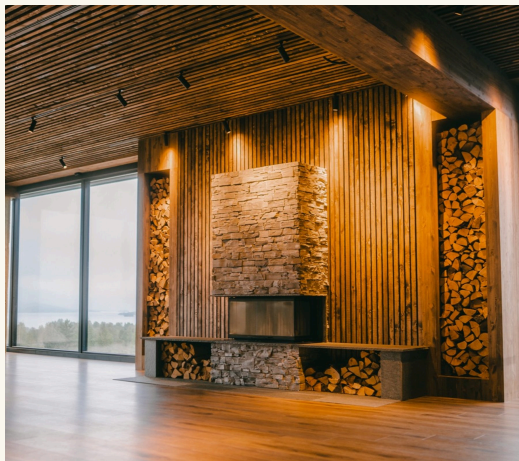
- Four shalas, from fourteen seats by the fire to sixty under a wall of windows
- Three vegetarian meals a day, cooked from scratch
- Rooms for every group size, from shared to single
- We handle bookings, payments and guest service



YOUR ROOM FOR PRACTICE

Four shalas

You book one shala for the whole retreat. You may ask for a particular one. We always try to honour the wish, but we cannot guarantee it.



Lakshmi

FOR 30 TO 35

A tall wooden hall with a fine view and a stone fireplace. Ask us about speakers.



Ganesha

FOR UP TO 80

Our largest shala, with a wall of windows. Ask us about speakers.



Vishnu

FOR 25 TO 30

Bright and facing the lake, with an AirPlay sound system and a projector.



Durga

FOR 14 TO 16

A cosy wooden hall with a view of the mountains.



WHAT IS ALREADY THERE

In every shala

Everything you need for teaching is in the room before you arrive.

PROPS

Yoga mats, bolsters, meditation cushions, blocks and straps and wool blankets, as well as incense and candles

USE OF THE SHALA

You book the shala for your whole stay, and you and your participants are free to use it between sessions too

SOUND SYSTEM

Shala Vishnu has an AirPlay sound system and a projector. Ask us about sound and speakers in the other shalas.

WHITEBOARDS

Yes. Ask in advance, or at reception.

CLEANING

Shalas are cleaned before and after every group. On longer stays guests can ask for cleaning during the stay, arranged at reception. There is cleaning spray for the mats.

HOLDING YOUR DATES

Reserving your shala

To hold your dates we take a commitment fee. It is fully refundable unless you cancel your event, and it covers one shala for the whole retreat.

THE COMMITMENT FEE

Durga 7 000 NOK	Vishnu 12 000 NOK
Lakshmi 12 000 NOK	Ganesha 12 000 NOK

IF YOU CANCEL

BEFORE THE EVENT	REFUNDED
More than 4 months	100 %
3 to 2 months	75 %
1 month	40 %
Less than 1 month	0 %

Participants are always refunded in full. An administrative cost of 10 % of their bookings is deducted from the commitment fee. For returning hosts whose commitment fee has been waived, the same rates are invoiced instead.

What you earn

You set your own teacher fee per participant. We collect it together with the booking and pay it to you after the retreat.

90 %

Your teacher fee

You decide the amount you want to earn per participant, and you are paid for the students who actually show up.

10 %

Admin fee to Nøsen

Covers payments and bookings, customer service for your participants, and your retreat page in our system.

250 kr

Drop-ins

Open your classes to other hotel guests and you receive 90 % of what we charge them, which is about 250 NOK a class.

RUNNING IT YOURSELF

You can collect the bookings yourself. It has to be agreed with us first, so send us an email. If your participants pay you directly for the teaching, there is no admin fee, but you then reserve a number of rooms or places in advance to hold your space.

PER PARTICIPANT

Prices at a glance

Thursday to Sunday in high season: weeks 8, 14, 23 to 35 and 40 to 41.

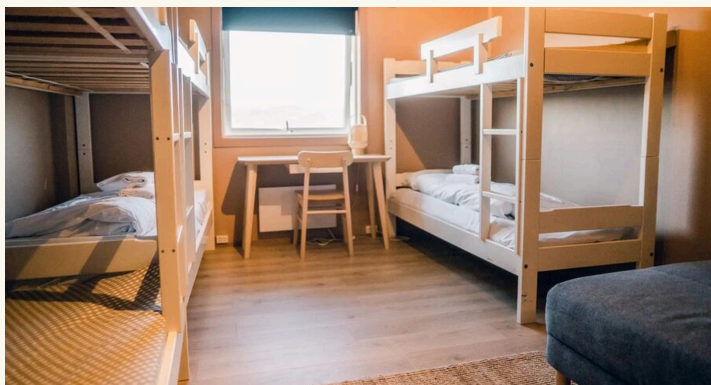
WHAT	DETAIL	PRICE
Shared room	Max 4 participants sharing, own bathroom	900 kr / night
Twin room	Max 2 participants sharing, own bathroom	1 100 kr / night
Single room	Max 1 participant, own bathroom	1 790 kr / night
Lunch and dinner	Breakfast is in the room price	300 kr / night
Yoga shala	Per participant, for the whole stay	390 kr
Transport	Fagernes and back · Gol and back	300 kr · 400 kr

Room prices are per person per night. On weekdays, from Sunday to Thursday, or in low season they are considerably lower, at least 10 %. Ask us for a quote for your dates.

WHERE THEY SLEEP

Accommodation

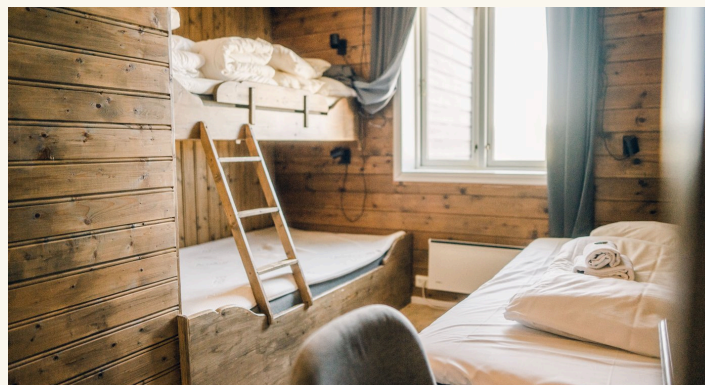
The room types your participants choose from, as far as there is room. Participants who want to share with someone in particular say so when they book.



Shared room

Single beds, own bathroom. Up to 4 participants sharing.

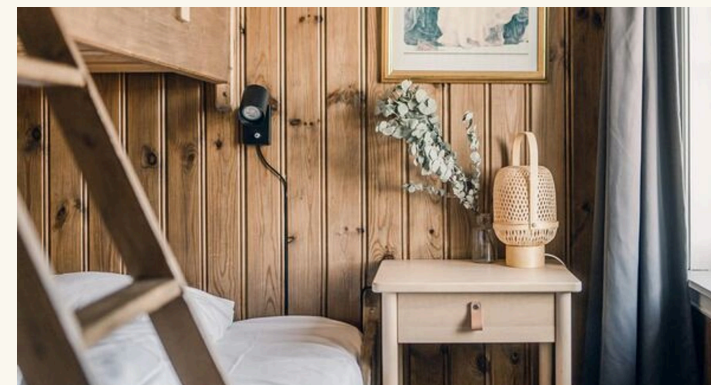
900 kr per night



Twin room

Single beds, own bathroom. Up to 2 participants sharing.

1 100 kr per night



Single room

Own bathroom, one participant.

1 790 kr per night

ALSO AVAILABLE

Rooms shared by up to 6 participants, double bed rooms with their own or a shared bathroom, and whole cabins or rooms and beds in them, can be opened for your group. Ask us for a price for your dates.

EVERY ROOM INCLUDES

- One set of clean bed sheets and towels
- Breakfast, with lunch and dinner added for retreats
- Coffee at breakfast and lunch, and tea around the clock

FROM OUR OWN KITCHEN

Meals and drinks

Breakfast is in the room price. For retreats, lunch and dinner are 300 NOK per person per night, so nobody has to think about food. All three are vegetarian, cooked from scratch and served as a buffet.

Dishes are labelled for diet and allergens: for example vegan and vegetarian, and eggs, peanuts, soy, milk and lactose, nuts, gluten, mustard and sesame. We can offer more vegan dishes on request. Juice is served at breakfast. The tap water is safe to drink and of excellent quality.

BREAKFAST

09:00–10:00

LUNCH

13:00–14:00

DINNER

18:00–19:00

Please plan your programme around these times unless we have agreed something else.



FOR YOU AND YOUR CO-TEACHERS

Your own stay

One teacher stays free for every tenth participant.

Free stay

10 participants, one teacher free. 20 participants, two teachers free. With fewer than 10 participants the teacher pays half price for food and accommodation.

An extra teacher

An extra teacher pays half the standard price for the room type they choose. With 15 participants and two teachers, one stays free and the second pays half.

Arrive early, stay longer

Come a day or more before or after the retreat. Half price for one teacher with 10 or more participants, and for two teachers with 20 or more.

Tell us your plans early, and we will find the best way to host you and your co-teachers.

SHAPING THE DAYS

Your schedule

You are free to shape the days as you wish. These are the fixed points of the house.

15:00–20:00	Check-in. Earlier or later arrival is possible if you tell us in advance.
09:00–10:00	Breakfast
13:00–14:00	Lunch
18:00–19:00	Dinner
09:00–11:00	Check-out on the last day. Lunch is included, so your retreat is welcome to stay on after the rooms are handed back.



Arrival, departure and transport

When are check-in and check-out?

Rooms are ready from 15:00, and check-out is at 11:00. Guests can have lunch on the day they arrive, but ask them to email us in advance so we cook enough and can put it on your bill. Lunch is included on departure day. Luggage can be left in the hallway. Late check-out costs extra.

How do guests arrange transport?

Transport is not included. Guests arriving by public transport book their pick-up at Fagernes or Gol in advance through post@nosenyoga.no. Fagernes and back is 300 NOK per person, Gol and back 400 NOK. Pick-up after 18:00 costs more. Return transport can be booked together with the retreat.

What if a guest wants to change something?

Send changes and wishes for an individual guest to post@nosenyoga.no. If it is urgent, call reception on +47 484 22 888. On the day of travel we can give you the driver's direct number.

EMAIL

post@nosenyoga.no

RECEPTION

+47 484 22 888

OPEN

Every day, 09:00 to 19:00



HEAT AND REST

The sauna

The sauna looks out over the mountains. It is a good place for your group to land after a long day of practice, and you can either leave it to your participants or book it for the group alone.

On their own

Guests book the sauna themselves in their free time, at reception.

150 kr

PER PERSON

For your group alone

Book the whole sauna for your retreat, with nobody else in it. No deposit, and you choose whether to pay for it or put it in their fee.

1 500 kr

PER TWO HOURS

Tell us at post@nosenyoga.no when you would like the sauna and we will put it in the plan. Treatments can be arranged too. Ask us what else your group can use during the stay, and what it costs.

SMALL THINGS WORTH KNOWING

Practical details

The questions your participants ask most often. Reception answers the rest.

SHAMPOO AND SOAP

Shampoo, conditioner and body wash are not included, but can be bought in our shop. Hand soap is included in every room.

HAIRDRYER

Can be borrowed at reception.

LAUNDRY

Yes, 300 NOK per wash, extra for the tumble dryer. Ask at reception.

WATER

The tap water is safe to drink and of excellent quality.

LUGGAGE AND LATE CHECK-OUT

Luggage can be left in the hallway after check-out. Late check-out costs extra.

ANYTHING ELSE

Write to post@nosenyoga.no, or call reception on +47 484 22 888.



FILLING THE ROOM, FILLING THE DAYS

Promotion and activities

WE PROMOTE YOUR RETREAT

- Your event on our website, and as a Facebook event
- Registration, payments and customer support through our booking system
- Selected retreats on our Instagram and in our newsletter, as needed
- Paid promotion is not included. Tell us if you want to invest in it.

ACTIVITIES FOR YOUR GROUP

- Summer: our volunteers can take the group hiking, or you can rent canoes and SUP boards for the lake
- Winter: skiing, snowmobiling and dog-sledding trips
- Fishing, horse riding and the sauna all year
- Prices vary with the kind of activity and how long it lasts
- Special wishes? We will do our best to arrange them.

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HOW IT STARTS

Next steps

1

Confirm your dates

Suggest some dates and tell us about yourself and your practice. You get an answer by email within three working days, and we come back to you about shalas, rooms and prices.

2

Create your programme

Shape the days around the three meals, write the information text you want us to use, and set the teacher fee you want to earn per participant.

3

Pay the commitment fee

The fee holds your dates and your shala. We then open the bookings and take it from there.

4

Prepare and promote

Tell your people. We promote selected retreats on Instagram and in our newsletter.

We are looking forward to hearing about your retreat.

EMAIL

post@nosenyoga.no

PHONE

+47 484 22 888

ONLINE

nosenyoga.no/en/hosting-retreat

Nøsen Yoga & Fjellhotell
Nøsasvingen 19, 2960 Røn, Norway