



didi  
yoga retreat with  
kira maar

AUGUST 22-26, 2025

**DANISH ESCAPE**

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JOIN US FOR A 4 NIGHT/5 DAY URBAN RETREAT IN  
COPENHAGEN, DENMARK





**EXPERIENCE THE MAGIC OF A DANISH RETREAT IN THE BEAUTIFUL EUROPEAN CITY OF COPENHAGEN.**

**THIS WOMEN-FOCUSED RETREAT WILL BE HOSTED BY KIRA IN HER HOME CITY. SHE WILL HELP US EXPLORE ALL THE WONDERS OF THIS BEAUTIFUL CITY.**

- Stay at the 5 star Hotel Manon Les Suites. It's like entering a little slice of heaven in the heart of Copenhagen. Right behind the lakes, Manon Les Suites lies nestled amongst several main attractions on Andersens Boulevard.
- Includes:
  - R/T Airport Transfers to hotel
  - 2 inspired daily yoga practices w/Kira Maar and essential oils
  - 2 traditional Danish meals daily
  - Breath Seminar
  - Saunagus Sweat Lodge and Beach Experience
  - Urban Hike and Picnic

**\$ COST: \$1899**

**PER PERSON**

BASED ON DOUBLE OCCUPANCY FOR 5 NIGHTS.

A \$500 DEPOSIT IS REQUIRED TO SECURE YOUR SPOT.



**HOSTED BY  
KIRA MAAR  
TAMARA HOLMES**

**RESERVE YOUR SPACE NOW!  
JOIN US FOR 5 UNFORGETTABLE DAYS IN COPENHAGEN  
EMAIL [HELLO@DIDIRETREATS.COM](mailto:HELLO@DIDIRETREATS.COM) OR 847.878.2134**



# AGENDA

## 5-DAY DIDI RETREAT AGENDA: COPENHAGEN, AUGUST 22-26

### FRIDAY, AUGUST 22 (FLIGHTS FROM US LEAVE THURSDAY AND ARE OVERNIGHT).

- 1:00 PM – ARRIVAL: GROUND TRANSPORTATION FROM COPENHAGEN (CPH) AIRPORT TO HOTEL MANON LES SUITES. THIS MODERN ALL-SUITE HOTEL ON A BUSY STREET IS A 13-MINUTE WALK FROM TIVOLI GARDENS AND A 16-MINUTE WALK FROM THE NATIONAL MUSEUM OF DENMARK.
- 4:00 PM – YOGA PRACTICE: HIP-OPENING AND STRETCHING SESSION AT ALLEGADE #13 JOGA STUDIO IN FREDERIKSBERG NEIGHBORHOOD.
- 6:00 PM – APERITIF & SNACK: STROLL TO FREDERIKSBERG GARDENS FOR A REFRESHING DRINK (CHOICE OF GREEN JUICE OR BUBBLES) AND LIGHT SNACK.
- 8:00 PM – EVENING OPTIONS: RETURN TO THE HOTEL OR DINNER ON YOUR OWN.

### SATURDAY, AUGUST 23

- BREAKFAST – INCLUDED AT THE HOTEL.
- 11:00 AM – MORNING YOGA PRACTICE: ENERGIZING SESSION TO START THE DAY. LOCATION TBD.
- 12:30 PM – URBAN HIKE: GUIDED WALK TO THE CITY CENTER, INCLUDING SIGHTS LIKE THE ROUND TOWER, THE LITTLE MERMAID STATUE, AND SCENIC CITY VIEWS. LUNCH ON THE FLY (NOT INCLUDED).
- 3:00 PM – RETURN TO HOTEL: FREE TIME TO RELAX.
- 5:00 PM – EVENING RESTORE PRACTICE: RELAXING SESSION WITH SOUND BOWL HEALING.
- 7:00 PM – DINNER RESERVATION: RESTAURANT TBD.

### SUNDAY AUGUST 24

- BREAKFAST – INCLUDED AT THE HOTEL.
- 10:00 AM – YOGA PRACTICE: SLOW FLOW AND MEDITATION FOR GROUNDING.
- 12:00 PM – SMØRREBRØD LUNCH: TRADITIONAL OPEN-FACED SANDWICHES AT THE NEIGHBORHOOD NYHAVN.
- 4:00 PM – SAUNAGUS EXPERIENCE: MEET IN LOBBY FOR SAUNA AND ICE PLUNGE RITUAL, FOLLOWED BY A BEACH MEDITATION AND STRETCH.
- 7:00 PM – EVENING OPTIONS: RETURN TO THE HOTEL. DINNER ON YOUR OWN.

# AGENDA

## **MONDAY AUGUST 25**

- BREAKFAST – INCLUDED AT THE HOTEL.
- 10:00-11:00 AM – YOGA PRACTICE: MORNING FLOW TO ENERGIZE.
- 12:00 PM – CHANGING OF THE QUEEN'S GUARD: WATCH THE TRADITIONAL CEREMONY IN NYHAVN.
- 1:00-3:00 PM – PROGRESSIVE LUNCH TOUR: TASTE LOCAL FLAVORS ON A CULINARY WALKING TOUR INCLUDED.
- 4:00 PM – CARLSBERG BREWERY TOUR: DISCOVER DENMARK'S ICONIC BREWERY.
- EVENING: DINNER ON YOUR OWN.

## **TUESDAY, AUGUST 26**

- BREAKFAST – INCLUDED AT THE HOTEL.
- YOGA & GOODBYE SESSION: FINAL MORNING PRACTICE AND CLOSING.
- DEPARTURE: TRANSPORT TO AIRPORT.

THIS AGENDA PROVIDES A BALANCE OF YOGA, CULTURAL EXPERIENCES, AND FREE TIME, OFFERING A REJUVENATING AND INSPIRING COPENHAGEN RETREAT.



# CONNECT



RESERVE YOUR SPACE NOW!  
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EMAIL [HELLO@DIDIRETREATS.COM](mailto:HELLO@DIDIRETREATS.COM)  
CALL 847.878.2134

SCAN CODE TO PAY  
\$500 DEPOSIT  
\$1899 DOUBLE OCCUPANCY | \$2998  
SINGLE OCCUPANCY

ZELLE

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VENMO

**Tamara Holmes**  
@Tamara-Holmes-4

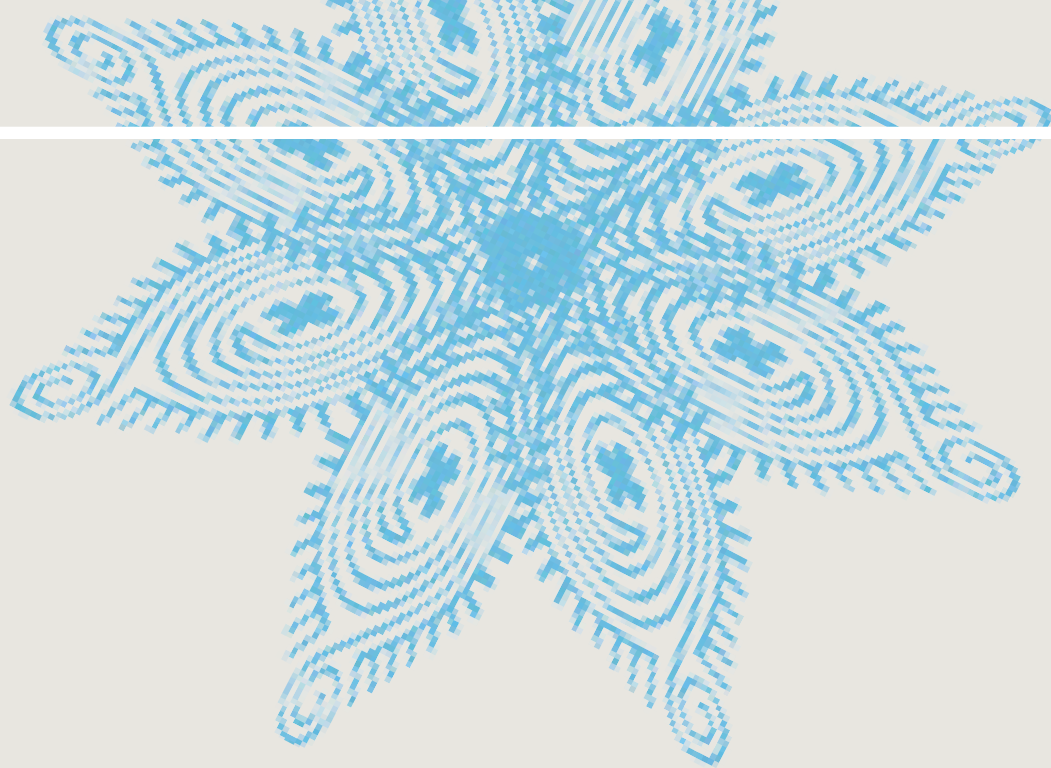


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# DIDI MANTRA



COME AS YOU ARE, LEAVE AS YOU CHOOSE,  
LET GO OF THE DAY-TO-DAY BLUES.

HERE, WE'LL BREATHE, STRETCH, AND UNWIND,  
WITH YOGA FOR BODY AND PEACE OF MIND.

AN AGENDA OF JOY, NO RIGID PLANS,  
JUST ROLLING MATS AND BAREFOOT SANDS.

HIKING TRAILS THAT CALL US TO ROAM,  
EACH STEP A JOURNEY, YET FEELS LIKE HOME

"NO SHOULDs, JUST SUGGESTIONS," LET'S LIVE BY THIS WAY,  
NAP, STRETCH, OR WANDER—JUST GO WHERE YOU MAY.

EMBRACE THE FINE ART OF LOUNGING AROUND,  
OR SEEK OUT ADVENTURE ON UNTRODDEN GROUND.

SAY YES TO DESSERT, OR SKIP IT, WHO CARES?  
EACH CHOICE A FREEDOM THAT JOYFULLY DARES.

UNPLUG FROM THE WORLD, THOUGH CAPTURE THE SCENE,  
REAL LIFE IS HERE, VIBRANT AND GREEN.

NEW FRIENDS TO MAKE, OLD BONDS TO KEEP,  
STORIES TO SHARE AS WE LAUGH AND LEAP.

TIME ALONE OR TOGETHER, JUST LISTEN WITHIN,  
IN THIS SACRED SPACE, LET YOUR JOURNEY BEGIN.

BELLY LAUGHS ARE A RULE, SO LOOSEN THAT SMILE,  
LIFE'S WAY TOO SHORT NOT TO LAUGH FOR A WHILE.

WHEN YOU LEAVE, TAKE MEMORIES, LEAVE ONLY YOUR CARES,  
CARRY THE LOVE AND THE PEACE THAT WE SHARE.

TOGETHER WE'RE STRONGER, EACH SPIRIT A LIGHT,  
IN THE CIRCLE OF DIDIS, EVERYTHING FEELS RIGHT. ✨