

# *Spiritual Purification and Recreation*

## *Estonia 18 – 25 September 2026*

*"A deep, inner process in an extraordinary outer environment"*

In searching for deep inner clarity and peace, our possibilities become limited if we only focus on the mind. A human being is an integrated vibrating organism, consisting of body, emotions, mind and life energy in continuous interaction. Of course, we also interact with other people but ultimately, we are depending on the five basic elements. Earth, air, water, fire and ether are the foundation of our physical existence. This prerequisite can consciously be used for the purification of body and soul. It enables us to create physical wellbeing, clarity of mind and connection to our Self on a much deeper level.

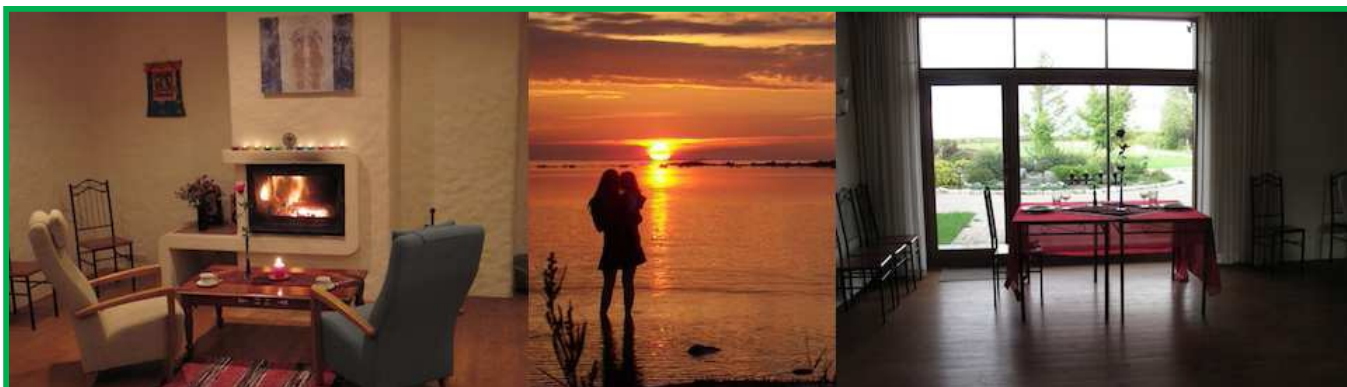


This breathwork retreat was created in the early nineties in a unique and exceptional venue just outside Stockholm. For many years it was offered once every summer and saw participants coming from all parts of Europe. With a change of the venue's ownership the training halted for some years until I found a new place with the same opportunities available. Since 2011 I started again to offer this week-long retreat at a venue by the Estonian west coast.



**“Algallika Guesthouse”** [www.algallika.ee](http://www.algallika.ee) , is located by the sea in South-West Estonia by the Matsalu National Park. Rooms are less than 100 m from the Baltic Sea. This venue has more than a kilometer of private shore with uncontaminated nature and coastal meadows with beautiful junipers for walking in peace and silence. Algallika is an ideal place for this kind of training. Situated in an undisturbed nature, with beautifully renovated rooms and seminar halls, indoor pool for warm-water breathing, sauna and a fire temple, it has all the necessities needed for inner and outer purification.

Participants come from different countries, and our common language is English. This year **Krista Gilda Kerner** from Austria will again be my co-teacher. Maximum participants are 12 for maintaining quality. Five breathing sessions are included, three of them in warm water. In a peaceful and beautiful environment with a spirit of acceptance and quality of presence, you are invited into a deep, respectful meeting with yourself and your life situation and to release physical and emotional layers of tensions. From that space it is easier to move towards realistic and sustainable changes in your life.



Price for the training is **1750 Euro** including food, lodging in double rooms, and all facilities. Arrive on Friday afternoon on 18<sup>th</sup> September and leave on Friday 25<sup>th</sup> September after breakfast. Transportation to or from airport, harbour or bus station can easily be organized by me for a reasonable cost. ([Recommendations and some arrangements can be made for those who want to come earlier or stay longer and see more of beautiful Estonia](#)).

The number of participants is limited to 12 and **to reserve a place** you send **250 Euro** to Plusgiro account no. 2167017-9, Bo Wahlström, Bank Nordea, Sweden. Clearing no is: 9960. The IBAN number is: SE87 9500 0099 6042 2167 0179. BIC number is: NDEASESS. **Transferring costs is at your own expense.** But **FIRST** please send me a mail or SMS so I can reserve and confirm a place for you. [This money is refundable only if the retreat is not happening.](#) Remaining **1500 Euro** are transferred to the same account latest **4<sup>th</sup> August**.

**I will be happy to answer any questions you might have.**

*In Truth, Simplicity and Love*

*Bo Wahlström*

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