

# WIKF Leaders Course

@ [Yasuragi](#) in Stockholm, June 13-14<sup>th</sup>



**Warmly welcome to the incredible Yasuragi – Japanese resort & SPA in Stockholm.**

Prepare for a great Weekend experience with superior training, relaxing Japanese bath & recreation, together with excellent food and an amazing Teppanyaki dinner in a unique Japanese environment.

## **A Japanese spa experience**

Yasuragi is a tribute to the Japanese bathing tradition. A modern interpretation of ancient rituals. And a place where both body and mind can wander freely, far away from the demands of the outside world.

[www.yasuragi.se/en/japanese-bath/our-bath-and-springs/](http://www.yasuragi.se/en/japanese-bath/our-bath-and-springs/)

## **Japanese design with a view**

At Yasuragi, we believe that your surroundings play a crucial role in your overall wellness and relaxation. That's why our rooms are designed to immerse you in the tranquility and beauty of Japanese culture, while providing all the modern amenities you need for a comfortable and rejuvenating stay. All rooms come with a view of the Stockholm archipelago.

[www.yasuragi.se/en/rooms](http://www.yasuragi.se/en/rooms)

# Agenda & Program



## 2 (night's stay):

### **Friday June 12<sup>th</sup>**

Check in	16.00
SPA	16.00-19.00
Dinner	18.30-21.00

### **Saturday June 13<sup>th</sup>**

Breakfast	8.00-10.00	
SPA	10.00-11.30	
Lunch	12.00-12.30	
*Registration	12.30	
Training	13.00-17.00	
SPA	17.00-19.00	
Teppanyaki	20.00-22.00	(Dress code: Yakuta)

### **Sunday June 14<sup>th</sup>**

Breakfast	8.00-10.00	
SPA	9.00-10.30	(Check-out 10.00)
Training	10.30-12.00	
Brake	12.00-12.30	(Option; Wrap + beverage 22 Euro, booking 1/6.)
Training	12.30-14.00	

## **1 (night stay)**

### **Saturday June 13<sup>th</sup>**

Registration*	12.30	
Training	13.00-17.00	
Check in	17.00	(Storage from 12.30 in luggage room)
SPA	16.00-19.00	
Teppanyaki	19.00-22.00	(Dress code: Yakuta)

## Sunday June 14<sup>th</sup>



Breakfast	8.00-10.00	
SPA	9.00-10.30	
Training	10.30-12.00	
Brake	12.00-12.30	(Option; Wrap + beverage 22 Euro, booking 1/6.)
Training	12.30-14.00	

### \*Registration and payment of the WIKF Leaders Course fee (cash)

- 2 days; 105 Euro
- 1 day 60 Euro

### To get to Yasuragi from the Airport:

The distance from Arlanda to Yasuragi is about 70 km, about 1 hour depending on traffic.

#### **Taxi/Uber**

Taxi/Uber fixed price would cost about 110-140 Euro to Yasuragi.

[www.taxistockholm.se/en/](http://www.taxistockholm.se/en/)

Sharing, 2-3 people incl. luggage/ standard car

#### **Flight bus**

You can also take the “Flight bus” to Central station which takes 45 minutes, for around 12 Euro/person, and then chose additional travel options (see below)

[www.flygbussarna.se/en](http://www.flygbussarna.se/en)

#### **Train/Arlanda Express**

Or take the Arlanda express to Central station which takes 20 minutes and costs 30 Euro/person, and then chose additional travel options (see below).

[www.arlandaexpress.com/](http://www.arlandaexpress.com/)

#### **Subway/Boat**

From the Central station you can take then the subway to Kungsträdgården and walk to Strömkajen vid Grand Hôtel and take Waxholmsbolaget to Hasseludden wharf. From the boat stop, it is a 10–15-minute walk.

[waxholmsbolaget.se/in-english](http://waxholmsbolaget.se/in-english)

## Subway & Bus

Or take the subway from Central station to Slussen bus terminal and then take a specified bus to Orminge Centrum, where you need to transfer to bus 417 towards Hasseludden. Get off at the Hamndalsvägen bus stop. The journey takes about 35 minutes and costs about 5 Euro. From the bus stop, it is a 5-10 minute walk.

<https://sl.se/en/in-english>



[Additonal guidance from Yasuragi](https://yasuragi.se/en/about-yasuragi/find-us)

<https://yasuragi.se/en/about-yasuragi/find-us>

## Food:

### Japanese food for all senses

Enjoy food inspired by modern Japanese cuisine. The menu combines distinct flavors with Japanese techniques in an aesthetic expression, creating a journey for all the senses.

[www.yasuragi.se/en/restaurant/](http://www.yasuragi.se/en/restaurant/)

### Restaurant Teppanyaki Kiri

In the restaurant Teppanyaki Kiri, each table has its own chef who prepares the food in front of the guest on a hot iron plate. The Japanese and local Swedish ingredients provide a unique dining experience. Here we serve a set menu with 7 different dishes, inspired by the Japanese cuisines and our immediate surroundings.

[www.yasuragi.se/en/restaurant/teppanyaki-kiri/](http://www.yasuragi.se/en/restaurant/teppanyaki-kiri/)



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