

About Us

About the accomodation

'Mountain Retreat' is a three story chalet, on the edge of the village of Svydnia, with glorious views of the mountains and valley. This quiet tree lined location is the perfect place to relax and unwind. 'Mountain Retreat' sleeps up to ten people in four shared twin rooms and one double room. There are two shower rooms, one on each of the upper floors. The lounge/dining room and a spacious workroom are situated on the ground floor. You will be able to relax or read in the comfort of our lounge. The Mountain Retreat also offers Wireless Internet throughout and is free to all residents. The spacious garden has extensive views of the mountains and the village below. There is an outdoor work area with sun loungers to relax by between sessions. The garden is also a perfect place to sit and relax with a drink during the evening as you watch the sun go down over the mountains.

Mountain Retreat is situated near the top of a mountain overlooking the valley and pine forests. The outdoor, part shaded, yoga area is a perfect place to practice yoga. The ideal location to perform the mountain and tree postures while the sun is almost guaranteed to shine on the sun sequence.

About Svydnia

Svydnia is a small village in the Balkan mountains overlooking the Iskar Gorge and is situated 5 kilometers from the town of Svoge and 40 kilometers from Sofia, the capital city of Bulgaria. The village has two Caf /Bars , two Supermarkets, a Post Office and a Church. There is also a war memorial in the centre of the village. A river can be found running through the village, it is in a very peaceful location and perfect for practising yoga.

About Svoge

Svoge is 5 kilometers from Svydnia and is easily accessible via taxi or bus . The town of Svoge has a choice of Shops, a Supermarket, several Restaurants and Bars and a daily Market. and In the centre of Svoge the Railway Station can be found, with a good service into the capital (Sofia), to the south and the beautiful monasteries to the north. Svoge is the home of Bulgarian Chocolate and evidence of this can be found in all the shops in Svoge. Out and about there is the townsquare where you can sit and watch the world go by, a park and children's play.

Meals at "Mountain Retreat"

The course offers meals on a Full Board basis.

The food is both vegetarian and healthy (with a few naughty bits included) using our own and locally grown fruit and vegetable where available.

If you have any special requirements you will need to let us know when you book so we can make arrangements for this.

A typical daily Menu is as follows:

Breakfast is continental style comprising of Fruit juices, fresh fruit, freshly baked roll, butter, local jams and honey. Tea and coffee.

Lunch consists of Bulgarian salad with bread and butter followed with a choice of fresh fruit in season and homemade cakes.

Evening meal starts with a homemade soup, fruit juice, main course, homemade desert and a glass of wine/soft drink.

Tea and Coffee are also available throughout the day free of charge.

We also have a range of drinks and snacks all of which are available for a small cost.