

Welcome to

The Wild Meadow

Retreat Sanctuary

📍 **SKÅNE, SWEDEN**

I am so excited to welcome you to Wild Meadow, a sanctuary nestled in Skåne's most pristine nature. This healing oasis is designed for deep connection, transformation, and restoration. Whether you are hosting a retreat, workshop, or gathering, I hope you find peace and inspiration in this sacred space.

With love,
Nina Wiger



The Wild Meadow Experience

The Wild Meadow is a serene retreat space in Skåne, Sweden, surrounded by lush forests, open meadows, and pristine nature. It is a sanctuary for stillness, movement, and deep restoration. This space is fully equipped to support retreats focused on yoga, meditation, breathwork, nature immersions, and holistic healing.



Main House

- Master Bedroom: 1 double bed (or 2 single beds)
- Private Room: 1 queen bed (can accommodate 2 people if a couple, but tight)
- Hallway Alcove: 1 small bed with a curtain for privacy —ideal for discounted stays or staff
- Optional: 1 more person can sleep in the upstairs hallway a mattress (a bit tight), or on the super-comfy sofa
- Includes: Large kitchen, indoor toilet, and shower

Total Capacity: 4-6 people

Cozy Guest House (with Chimney)

- 1 double bed (or 2 single beds)
- Plus 1 additional double mattress
- No toilet or running water

Total Capacity: 2-3 people

Healing Barn

- 2 queen beds (fits 2-4 people if two couples share)
- Optional: If no activities are planned in the barn, additional 2 beds/mattresses can be set up on the ground floor
- Includes: Electrical toilet, outdoor hot shower, fully equipped kitchen
- Total Capacity: 2-6 people

New Guest House (No Electricity)

- 1 private room with a single bed
- 1 double room with 2 single beds
- Heated by a chimney in spring and autumn, but not suitable for colder months

Total Capacity: 3 people

Glamping Tent (June-August only)

- Suitable for 2-3 people

Additional Accommodation

- Liz's Tipi (Neighbor's Tent): Can host 2 extra guests for additional cost (I think around 400 sek/ night)

Overall Capacity

Comfortable: 16-17 people

Maximum: 20+ (with Liz's Tipi and extra mattresses)

Note: Towels and sheets are not included; an additional charge of 150 SEK per person applies unless guests bring their own.



Practice & Workshop Spaces

Yoga Barn: Fits 9-10 yoga mats

- Good Jobrocker Bluetooth speaker
- Props: 16 wool yoga mats, bolsters, wool blankets, fleece blankets, eye masks

Ceremony Tent (June-August): Fits 18 yoga mats

Garden Space

- Guests must bring their own mats for outdoor use



Common Areas

- Fully equipped home-style kitchen
- Dining Area: Cozy seating for 18-20 people (boho-style, mix of tables and cushions)
- Lounge Livingroom Space: Comfortable seating with a fireplace
- Sauna (electrical and added charge)
- Outdoor Fire Ceremony Space: Guests must bring their own cushions for seated ceremonies outside (I provide outdoor carpets)
- Forest Bathing & Meditation Paths
- Outdoor Toilet: Classic Swedish-style dry toilet
- Outdoor Shower: Hot water, overlooking the forest



Food & Nourishment

I prioritize organic, locally sourced, and sustainably produced food. While I eat meat if it is locally sourced, my own retreats are primarily vegetarian. Processed foods from unethical companies are not permitted in my home.

I can assist in sourcing local vegetables, eggs, and meat-free from pesticides and antibiotics. If needed, I can also connect you with a chef (pricing varies). If I am around, I can provide ceremonial cacao, smoothies, and other nourishing beverages at an additional cost- this is normally a very popular add on:)



Marketing Support

Optional Marketing Packages (VAT 25% applies)

- Basic Package - 1995 SEK
 - 1 customized Instagram story
 - 3 reposts
 - Visibility on my website
- Expanded Package - 3995 SEK
 - 2 customized stories, 5 reposts
 - 1 carousel post & 1 image post
 - Visibility on my website
- Premium Package - 5555 SEK
 - 4 customized stories, 8 reposts
 - 1 featured reel
 - Newsletter mention

Professional photography services available upon request.

Pricing

(VAT 12% applies)

- Peak Season (July - Aug): 6995 SEK per night
- Mid-Season (May, June, Sep): 4995 SEK per night
- Low Season (Oct - April): 3995 SEK per night

Minimum stay: 3 nights

Discounts available for weeklong and mid-week retreats

Booking & Cancellation Policy

Deposit Required: 25% upon booking

50% Payment Due: 60 days before retreat

Final Payment: 7 days post-retreat

Cancellation Policy:

60+ days before retreat: 75% refund

45-60 days before retreat: 50% refund

Less than 45 days: No refund

How To Get Here

- Driving: The easiest way to get here is by car. Try to arrange carpool as there is limited amount of parking spots.
- From Malmö: Take the train to Bromölla, then a bus to Näsum k:a. Then guests needs to be picked up from there (about 5 min away with car)
- From Stockholm: You can take a train to Bromölla and then a bus to Näsum k:a. Then guests needs to be picked up from there (about 5 min away with car)
- Alternative from Stockholm: Sometimes the Bromölla route takes longer and is costly. Instead, consider taking a train to Hässleholm, where I can help arrange a pickup for an additional fee of 400-800 SEK one way. Pricing depends on local taxi availability, but booking in advance usually secures the cheaper option. This is ideal if multiple people are arriving from Stockholm and can share the cost.

Final Notes

I am honored to host your retreat and support you in creating a transformational experience. If you have any special requests, please let me know in advance.

I look forward to welcoming you to Wild Meadow—a place to breathe, heal, and reconnect with nature.

With love,
Nina (Medicina) Wiger
Owner of Wild Meadow

Contact details:

Nina Wiger
Oretorpsvägen 333
295 94 Näsum
+46 731445 785 (phone or whats app)

Book The Wild Meadow for Your Retreat

Ready to create magical healing experiences in Sweden's most
inspiring nature?

Reach out to me at **info@ninamedicina.com** to check
availability and reserve your dates.

