

# Go Retreat at Ask Island

Bergen, Norway, 3–9 August 2020  
Ask Retreat Centre ([askyoga.com](http://askyoga.com))



*Did you know that for the most of its history, go was practised by Buddhist monks as a way of cultivating their minds? Until the 1920s, the strongest go player in the world was a monk – and the Japanese go title, Hon'inbō, was in fact the name of a Buddhist temple in Kyoto!*

As our work life is getting more and more hectic, meditation retreats are becoming increasingly popular.

We have prepared for you the perfect go counterpart: a one-week camp in idyllic Norway, with quiet contemplation by the go board, professional guidance, as well as fun side activities with fellow participants!

- Two half-days (Monday and Sunday) and five full days of program: lectures in the morning, games with reviews in the afternoon, and a choice of additional go studies or other activities (e.g., mountain hiking, fishing, or learning Asian calligraphy) in the evening.
- Optional yoga sessions in the morning
- Accommodation in 2–4-person rooms
- Three vegetarian meals a day
- Sauna and swimming!
- Socialising with go enthusiasts from around the world!



Antti Törmänen  
Professional 1 dan  
Teacher and organiser



Glenn Vasdal  
Organiser



Shiung Feng  
Professional 7 dan  
Teacher



Samuel Olivaux  
Yoga teacher

**800€: full package**

**300€: self-arranged accommodation**