



MAISON
YOU

WELCOME TO

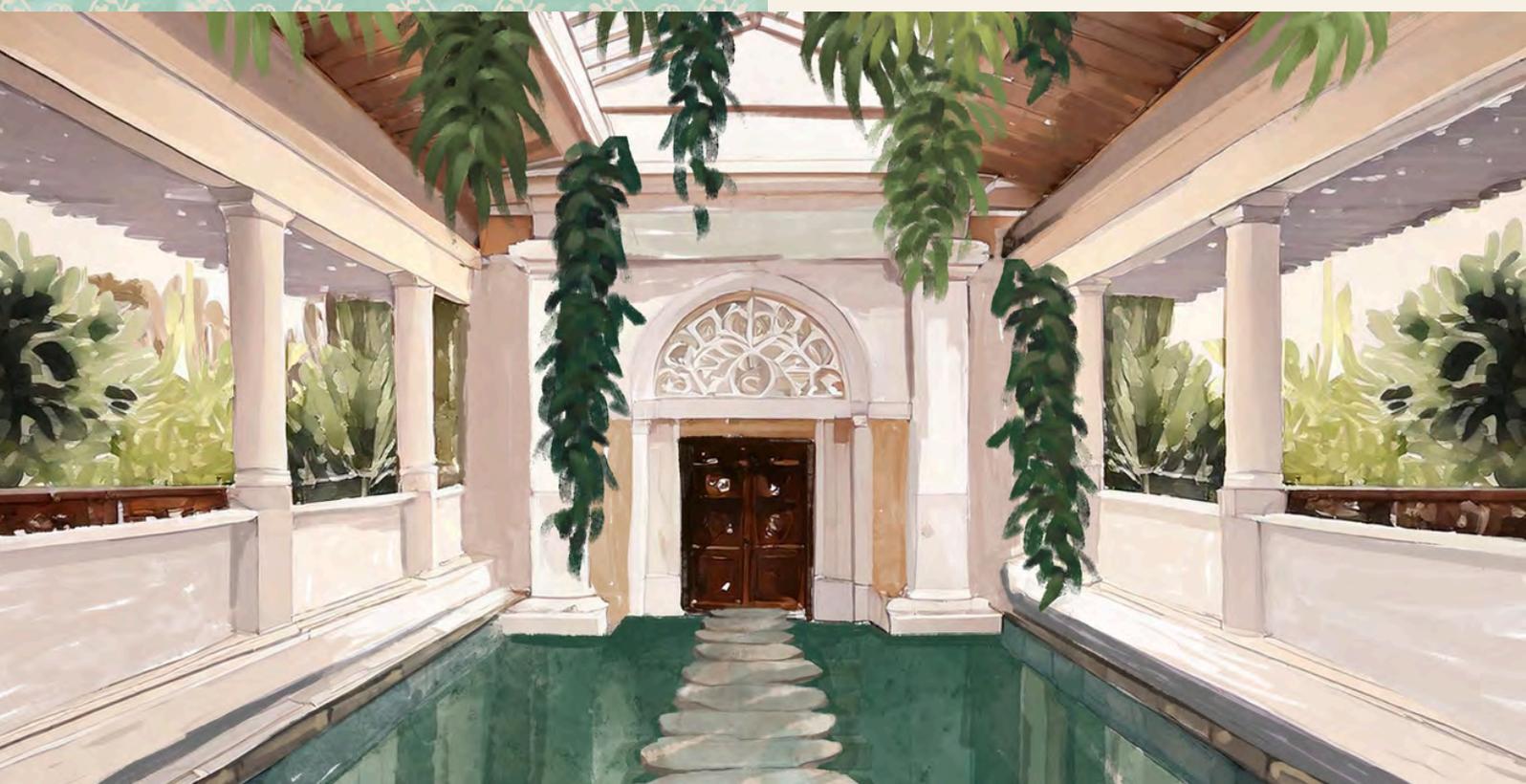
MAISON YOU

CURATED RETREATS FOR A BETTER YOU

At MAISON YOU, we believe wellness isn't a luxury, it's a necessity. We're here to help you reconnect with yourself and rediscover what it means to be well.

Think of us as your personal wellness curators, whether you need stress relief, burnout recovery, or a gut health reset, we handpick retreats that foster deep, lasting transformation.

Let us guide you to the perfect retreat for YOU.



BEST RATES & PERKS

Guaranteed best rates at selected retreats worldwide, with upgrades, retreat credits, discounts and special experiences like spa treatments and personalized consultations.

EXCLUSIVE EXPERIENCES

Priority access to new or limited-edition wellness and brand experiences.

COMMUNITY FOCUS

A trusted community of expert curators - from wellness coaches to healers and industry visionaries - handpicking meaningful experiences just for you.

AT MAISON YOU, YOU ARE THE PURPOSE.

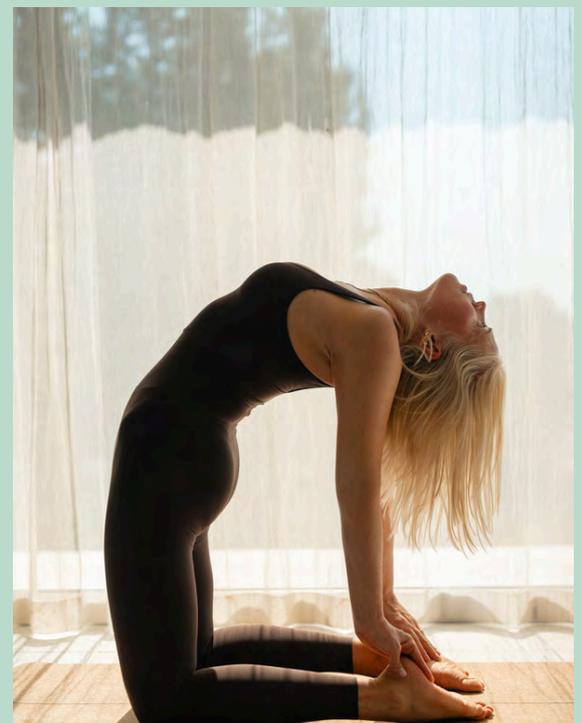


WITH YOHANNA

Yohanna Mannelqvist is a women’s wellness coach, speaker and yoga teacher dedicated to supporting women in finding balance, alignment and deeper self-connection. Through coaching, retreats, workshops and yoga, she guides women through transformative experiences designed to cultivate wellbeing, personal growth and emotional resilience.

With a background in health coaching and over 500 hours of yoga teacher training, Yohanna blends yoga philosophy, mindfulness and personal development to create experiences that support both inner reflection and practical life change. Over the past several years she has worked with women from around the world and collaborated with international brands including Spotify, Net-A-Porter, Deloitte and Lululemon, helping individuals reconnect with their most balanced and fulfilled selves.

Her work focuses on creating safe and supportive environments where women can reconnect with themselves, explore new perspectives and return home with renewed clarity and vitality.



The Restore retreat is a carefully curated wellness experience designed to provide space for rest, reflection and meaningful personal growth. Hosted in beautiful natural settings, the retreat brings together a small group of women seeking to reconnect with themselves and explore life from a more conscious perspective. The programme blends movement, stillness and creative exploration. Through yoga, workshops and guided reflection, guests are invited to deepen their self-awareness while reconnecting with the body and nervous system.

Alongside these practices, nourishing plant-based meals, nature immersion and meaningful community create a supportive environment where participants can rest, restore their energy and rediscover their inner direction. The retreat is designed not only as time away, but as an opportunity to return home with tools and insights that support a more balanced and aligned way of living.



KEY EXPERIENCES:

- Daily Yoga Practice: Jivamukti-inspired yoga sessions focusing on the connection between mind, body and spirit, incorporating breathwork, meditation and deep relaxation.
- Personal Growth Workshops: Guided sessions exploring self-awareness, journaling, reflection and mindfulness to support healing and personal transformation.
- Meditation & Breathwork: Practices designed to calm the nervous system, enhance presence and support emotional clarity.
- Nourishing Cuisine: Plant-based meals prepared by a private chef, designed to energise the body while supporting a sense of lightness and wellbeing.
- Nature & Community Connection: Time spent in nature and shared group experiences that foster meaningful connection, openness and supportive friendships.
- Guest Facilitators: Special guest teachers offering additional workshops such as breathwork, sound healing or alternative yoga practices

DETAILS & PRICING:

DATES: 27th-31st of May, 2026
4 nights / 5 days

LOCATION: Private island in the Stockholm archipelago, Sweden
Accommodation: Luxury villa with shared rooms

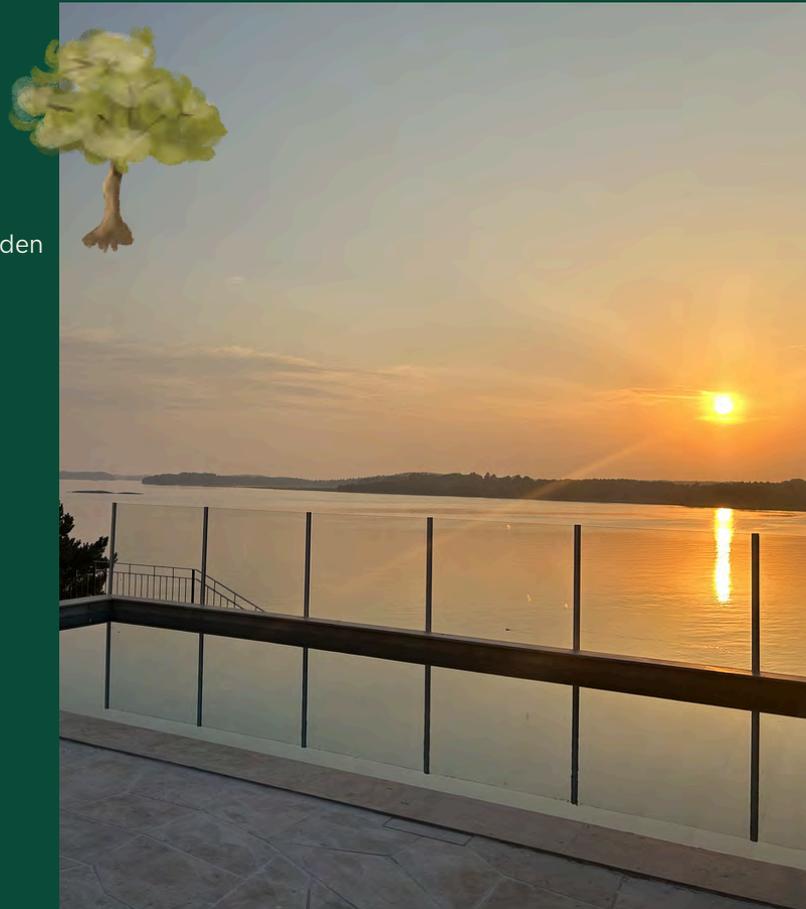
PRICING:
from \$1,750 (19,700 SEK) per person (all-inclusive)
Includes:

- Accommodation
- Daily yoga sessions
- Wellness workshops and activities
- Plant-based meals prepared by a private chef
- Retreat experiences and group activities

Group Size:
Small, intimate group (approximately 10 participants)

YOUR MAISON YOU BENEFITS:

- Private 1:1 coaching call with Yohanna - worth £350



CONTACT US

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[@_maisonyou](https://www.instagram.com/_maisonyou)

www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

