

# La Lindblad

LIFE COACHING

## Welcome!

Here you will find all important information about your Shrinrin Yoku course with me.

La Lindblad

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Address: Tolleredhöjden 14, 44850, Tollered

1. Getting there
2. Questions and answers
3. Rebooking and canceling

## 1. Find your way

### Course in Tollered

Address: Tolleredhöjden 14, 44850 Tollered, Sweden

By car: Tollered is located on the E20 between Gothenburg and Alingsås. 30 minutes from Gothenburg.

By public transport: By train from Gothenburg or Alingsås to Floda. In Floda you change to the lokal bus to Tollered. The trip from Gothenburg takes about 45 minutes. The Brännabben bus stop is a 7-minute walk from the house. I am happy to help you with the planning. You can find the current timetables at <https://www.vasttrafik.se/en/travel-planning/travel-planner/>

By plane: The airport is 40 minutes by car from Tollered. More information on request.

Accommodation: The Hotel Nääs Fabriker in Tollered is highly recommended. It is of a very good standard and reasonable prices. You can even find a large selection of accommodations in Gothenburg and Alingsås.

If you want to combine the retreat with a vacation, I would be happy to give you tips for Gothenburg and the surrounding area. You can easily reach Stockholm in 3 to 5 hours by express train <https://www.sj.se/en/home.html#/>

## Course in Gothenburg

We meet in the botanical garden at the seat in front of the pond. We will be in quiet places in the botanical garden. Address: Gothenburg Botanical Garden, Carl Skottsbergs Gata 22A, 413 19 Göteborg

### 3. Questions and Answers

What do you bring with you?

Comfortable, warm, weatherproof clothing. Drink and have a snack according to your needs. You can bring a seat pad or borrow one.

How do you dress properly?

Warm and cozy. Please dress warmer than for a walk. It is shady in the forest and we will not move much. Waterproof clothing and shoes are recommended. Please bring extra warm clothes in a bag / backpack at any time of the year.

### 4. Rebooking and Cancellation

Rescheduling

In the confirmation email of your booking you will find a link to your appointment overview. If you want to rebook, you can do so here: Go to the overview of the event or date, right click on "reschedule" and choose a new free date. Please note the cancellation deadline of 24 hours.

Cancellation. What happens if I have to cancel the session?

You cancel or rebook up to 24 hours before the scheduled date. To do this, click on the link in the confirmation email, select the event or your booking and click on 'Cancel' on the right. Your cancellation will be confirmed by email.

If you have technical difficulties send a email to [info@lalindbladh.com](mailto:info@lalindbladh.com)