

HEMMA HOS
Martha & Anders
PARTIES &
CONFERENCES

We believe that a creative environment and surrounding contribute to a successful meeting, no matter if it is a party or a conference. At our place you have the whole farm and surroundings at your disposal and as a source for inspiration. We have numerous of natural meeting places; the kitchen and forest garden, green house, the barn, gracing fields and the old forests that lead all the way down to lake Unden,. You may also gather in our tipis around the open fire or if you wish, in the sauna.

All food is organic and/or locally produced. We create the meals from ingredients based on seasonal availability.

Accommodation is available for up to 16 people in double, triple and quadrupel rooms. For day conferences we serve groups of eight people and more.

BOOK:

Call or send an e-mail to let us know what your plans are for your meeting, family gathering or party. We will come back with a proposal according to your needs and wishes.

Martha: +46 762090945

e-mail: martha@marthaochanders.se

www.marthaochanders.se

On the next page you will find proposals on activities that you might want to add to your wish list.



Welcome to our farm

Our farm is located in the deep forests of Tiveden. It is pretty small but our ambitions are high. We want to show the world that it is possible to live in harmony with nature and live with high comfort and quality of life.

We want to be a meeting place for exchange of thoughts and ideas and a source for inspiration – on the farm people meet to talk about new ways for sustainable living. High ambitions, but also very pleasant and cosy. Welcome to take part.

Additional inspiration

A guided tour around the farm

We will talk about our holistic ecological thinking when it comes to the forest garden, forestry without clear fellings, solar energy and the food we are cultivating and eating.

Silent hike along the waterside of Unden

A one hour quite hike guided by Anders along the waterside of Unden, a great opportunity for the participants to reflect upon the conversations during the day.

Qigong or yoga

A 30-60 minutes Qigong or Yoga class led by Anders, either inside or outside. Depending on the weather and your wishes.

Sauna

The Sauna can hold 7-8 people. There are three different seating levels, which allow you to chose between hot, cool and medium heat.



Evening meeting by the fire in the Tipi

Continue the meeting by the fire in one of our tipis. Tea and snacks will be provided.



Variety is the spice of life. That goes for meetings as well. To spend some time in the forest may bring some new energy and creativity.



All fruit & berries that we serve are pollinated by the bees from Tiveden.



A visit to the barn and the lambs make you relaxed and happy.