



Sanibel Recreation Center Presents

Rooted in Simplicity: Exploring the Danish Practice of Hygge

with Sue Van Oss

Thursday, January 29th
12:00pm–1:30pm

What is Hygge?

- Hygge (pronounced hoo-gah) is a Danish practice centered on creating feelings of warmth, comfort, connection, and contentment through simple, intentional moments.
- Hygge is designed to slow the pace, encourage mindfulness, and create space for personal reflection and meaningful connection with others.
- Practicing hygge can reduce stress, improve emotional well-being, and foster a sense of gratitude and balance—especially during busy or transitional seasons of life.



Participants will engage in a sampling of calming, tactile exercises such as guided reflection prompts, simple crafts, and sensory-based activities that encourage relaxation and creativity.

RSVP Requested

239-472-0345

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