





### WHO IS THIS EDUCATION FOR?

THIS IS AN ADVANCED EMBODIED THERAPY EDUCATION FOR YOU WHO HAVE A DEEP INTEREST IN HUMAN NATURE AND HAVE A LONGING TO WORK WITH PEOPLE THROUGH THE PHYSICAL, ENERGETICAL AND EMOTIONAL BODY AND MIND.

THE TRAINING IS A DEEP JOURNEY OF SELF-DISCOVERY, AS THE FOUNDATION TO SUPPORT OTHERS STARTS WITH KNOWING YOURSELF FIRST. THIS EDUCATION WILL GIVE YOU A PROFOUND UNDERSTANDING ABOUT YOURSELF IN ORDER TO BE ABLE TO SUPPORT OTHERS WITH INTEGRITY, EXPERIENCE AND SKILLS.

# THE EDUCATION

STARTING APRIL 2025

- HELD IN 15 MODULES OVER 24 MONTHS AT URBAN OM STOCKHOLM & ONLINE
- INCLUDED IS A 6 MONTH SUPERVISED PRACTICUM
  - OFF SITE RESIDENTIAL COURSE AT BARAVARA
     WWW.BARAVARA.SE
     (BOOKED & PAID SEPARATELY)
- YOU WILL HAVE EXTENSIVE PRACTICAL EXPERIENCE OBSERVING, ASSISTING & PRACTICING

- MENTORING & PEER SUPPORT FOR COLLABORATIV CO-CREATIVE AND REFLECTIVE LEARNING.
- THROUGHOUT THE TRAINING, **CONTINUOUS ASSESSMENT** WILL TAKE PLACE. THIS ENTAILS OBSERVING HOW WELL YOU INTEGRATE THE TEACHINGS SHARED AND HOW YOUR NEWFOUND UNDERSTANDING IS MANIFESTED IN YOUR PRACTICE, DAILY LIFE AND TEACHING.
  - THE EDUCATION IS CERTIFIED WITH THE
    INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS
    (IAYT)
- REGISTERED WITH YOGA ALLIANCE A 500 HOURS (R-YT500)

# WHAT IS EMBODIED THERAPY

Embodied therapy is the professional application of movement, meditation, yoga and somatic awareness principles to foster health and balance. It is a practice that integrates personalized assessment, intentional goalsetting, lifestyle management and movement-based practices tailored for individuals or small groups.

This approach focuses on connecting deeply with the body as a gateway to transformation, using the therapeutic relationship as a space to explore and support personal growth. The practice of embodied therapy requires specialized training to create meaningful and positive change for clients. Practitioners develop skills to guide and empower clients through a holistic process, cultivating a safe and supportive environment for their healing journey.

Embodied therapy goes beyond technique — it's about fostering a deeper connection to self and integration of mind, body and spirit.

# LEARNING HIGHLIGHTS

- GAIN INSIGHT INTO THE DEEPER ASPECTS OF THE BODY THROUGH SOMATIC UNDERSTANDING AND EMBODIED ANATOMY
- DEVELOP SKILLS TO GIVE SESSIONS, WORK WITH GROUPS AND LEAD TRANSFORMATIONAL WORKSHOPS
- LEARN HOW TO SUPPORT CLIENTS WITH EMOTIONAL RELEASE THROUGH BREATH AND BIOENERGETICS
- SUPPORT CLIENTS IN REACHING DEEP PERSONAL INSIGHTS

- LEARN BEST-PRACTICE METHODS ON HOW TO CREATE A RELATIONAL FIELD AND SET HEALTHY BOUNDARIES WITH INDIVIDUALS AND IN GROUPS
- UNDERSTAND AND ASSESS HOW TO LOOK AT BODY TYPES THROUGH THE LENSE OF BIOENERGETICS, AYURVEDA AND ANATOMY
- LEARN HOW TO TRUST YOUR INTUITION WHEN WORKING WITH CLIENTS
- LEARN HOW TO DEVELOP AND DELIVER INTEGRATIVE EMBODIED THERAPY PROGRAMS FOR CLIENTS



# YEAR 1

#### MODULE 1 with NEO, ISA & LISA ESTABLISHING GROUP DYNAMICS. RELATIONAL FIELD & FOUNDATIONS TO EMBODIED THERAPY

This module serves the purpose of creating a safe environment and a bond between the participants as well as learning the skills of how to do so. Working with people demands an empathic approach and can only really start when you work with yourself. During these initial days we will explore your own personal goals, understand the underpinning philosophy of Urban OM's Embodied Therapy Approach and establish the group as a dynamic learning environment

- a place of support where we accelerate growth by learning from each other.

#### MODULE 2 with LISA **UNDERSTANDING THE BODY 1**

During these days we invite you to explore your own body and the bodies of others in a deeper way. This journey starts by moving from simply noticing what's happening outside of you to becoming more aware of your internal body movements and feelings. By an interoceptive understanding of the body's anatomy you will start to learn how to pick up on subtle changes in your clients' expressions and emotions, thereby being more sensitive to how people actually feel emotionally and physically.

Throughout this module, that focuses on the physical aspects, you will improve your awareness of your own body, learn to use the tools of yoga, like movement therapy, breathing exercises, inward reflection, fascia release techniques, regulating the nervous system and managing stress.



#### MODULE 3 with AGNI & ISKAAN **BREATH & BIOENERGETICS**

This module on breath work focuses on the transformative power of breath, where breathing serves as a physiological tool to influence mental and emotional states. Students will explore the anatomy and physiology of breathing and enhancing their observational skills to recognize different breathing patterns.

The course will cover techniques for regulating and detoxifying the body and nervous system, alongside bioenergetic breath techniques aimed at facilitating emotional release. We will be investigating the body by using postures and breath to encourage the opening of feelings that are connected to the different areas/muscle segments of the body. These exercises will allow us to experience, see and understand the tensions and repressions in our physical and emotional body that are limiting our life energy.

Trainees will learn to guide individuals through their breath work journeys, creating a safe environment for emotional expression and personal transformation. By engaging with these practices, students will not only deepen their understanding of breath work but also acquire the skills necessary to support others in their emotional healing, fostering a connection that encourages growth and well-being.

# 4

# MODULE 4 with ROBIN INDIVIDUAL THERAPY PROGRAMS - online

In this module we emphasize the practical capabilities of the human body, using yogic tools that include movement, breath and postures while focusing on the body's physical aspects and its interaction with mental health conditions and lifestyle. This embodied approach emphasizes assessing a client's current physical state and their 'aspirations, identifying the most effective entry point.

With the perspective of the Yoga Koshas, which can be described as fundamental investigative techniques, you will be guided in determining the best initial approach for each client, focusing on how the body interacts with the mind, emotions and energy levels.

The toolbox will include individualised exercises, nutrition, and sleep, all framed within a context of relaxation techniques to enhance bodily function and balance the nervous system.

You'll learn to work with individuals and address their unique needs, enabling you to create individual therapy programs that optimize their holistic health and well-being.



# MODULE 5 with ANNKI AYURVEDIC HEALTH

In this module you will learn the origin, history and the fundamental principles of Ayurveda – the knowledge of Life. Ayurveda is a complete system to stay healthy; physically, mentally, emotionally and spiritually. According to Ayurveda every single human being has a unique constitution that needs to be kept in balance to live this life fully in health, joy and peace. We will learn the basics about the gunas, elements, doshas and how we can balance ourselves in a day to day life, with daily routines including food, herbs as well as various yogic techniques.



# MODULE 6 with ISA BEING REVEALED

In this module we will dive in and explore our needs and how they underpin your personality. We will become inner detectives and dig into understanding personality structure and where the inner critical thoughts come from. You will be supported in finding your own inner compass by exploring your negative assumptions and thoughts and in the process get closer to what you truly feel and believe. We will use the ancient therapeutic technique of self-inquiry where you will experience what it is like to direct a question toward yourself and to speak from connection, depth and authenticity. We will direct some curiosity to where in your own life you can move into a deeper sense of integrity, setting up parameters for what it would mean to make a shift into a more wholesome direction.

# YEAR 2

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## MODULE 7 with BEA TRAUMA FOUNDATIONS

In this module you will be introduced to the foundations of Somatic Experiencing Trauma Healing (SE™) which is a method that aims to resolve symptoms of stress, shock, and trauma that accumulate in the body and nervous system. You will learn about the physiological background of trauma, find and support the healthy defence reactions in the body, support and promote the client's strength and control Throughout the module you'll explore how to track the body's natural movements aimed at the release of trauma, titrate interventions so that the client is not overwhelmed, and establish continuity through the client's perceived body sensations. You will also get knowledge on how to separate anxiety from immobility and how to eparate anxiety from immobility, create, re-establish and maintain healthy boundaries



In this module, we will delve into the powerful impact of both spoken words and non-verbal communication. While listening techniques are essential for understanding where a client is, we will also explore the subtleties of non-verbal cues, such as body language and sounds. You'll learn how to use invitational language and tone to create an environment where individual clients feel safe, and group members feel included and comfortable. Additionally, we will learn how to use microphones, understanding sound systems and how to effectively integrate music into your sessions.

You will harness the power of sound by compiling music to create different moods, along with exploring simple instruments that can help set the atmosphere. This hands-on experience will cover the components necessary for building your own therapeutic and creative movement classes. Moreover you will also be introduced to approaches such as Let Go, Sound Healing, and Yoga Nidra, enhancing your ability to guide clients through enriching and transformative experiences.



# MODULE 9 with ROBIN UNDERSTANDING THE BODY 2

In this course, you will learn how our bodies move and function by understanding biomechanics, load, and range of motion. This knowledge will help you benefit your clients by enhancing their body awareness and encouraging them to think critically and listen more deeply to their own bodies, minds, and movement patterns.

We will highlight the importance of using kind and supportive language. By encouraging clients to move within their limits, we foster a healthy curiosity about their bodies. Instead of just pushing toward their limits, we focus on compassion and kindness in reaching their goals.

The aim is for both you and your clients to connect with your natural wisdom. This connection will help you become a compassionate, patient, and understanding teacher, while your clients will develop a lifelong interest in self-embodiment and learning. Through these practices, you will grow as a skilled therapist and inspire your clients on their journey of movement and self-care.



## MODULE 10 with AGNI & ISKAAN BODY TYPES

In this module you will learn about the fascinating realm of body types, helping you recognize underlying issues your clients may not express verbally. It explores how emotional tension from childhood trauma can shape the body, a concept first developed by Wilhelm Reich and later expanded by Alexander Lowen and others. This understanding will empower you to develop tailored counseling approaches based on your observations of an individual's physical presence.

You will learn about and apply Bio Energetics, a transformative method for releasing deeply held tensions that often have psychological roots, shaping how we express ourselves in the world. By recognizing the patterns that manifest in the body, we can address the underlying emotional dynamics that influence personality. Through the process of releasing physical tension, we not only enhance our physical mobility but also liberate the mind, fostering a sense of greater freedom and well-being.

Over the course of the workshop, we will spend a day on each body type, experiencing it firsthand and engaging in group exercises to evoke its characteristic feelings. The atmosphere is loving and respectful, aimed at seeing beyond the defence to the true self.



# MODULE 11 with ISKAAN & LISA EMBODIED ASANA & TOUCH

In this module you'll learn conscious touch and hands-on assist techniques that promote client safety and respect. We'll cover basic asana assisting, basic massage skills and focus on restorative practices. You'll develop presence and connection with clients, trusting your instincts in 1:1 or group settings. We'll emphasize respectful and trauma-sensitive touch, using body reading to meet the client's needs.



# MODULE 12 with AGNI & ISA COUNSELING SKILLS

In this module we will focus on the very essence of the therapeutic relationship, the communication that moves between client and therapist. The way you may create a healthy healing relationship with your client, allowing them to feel seen, heard and met.

We will work with setting up a session, making a therapeutic agreement and establishing healthy boundaries. We will also look at how to further your skills in listening, asking questions and setting up goals for your work together.



# MODULE 13 with LISA & ISA PRACTICUM APPLICATION & SKILLS

This module is all about bridging the gap between learning and doing—helping you transition from student to practitioner with confidence and clarity. Together, we'll dive into the practical tools and know-how you need to set up your sessions, grow your practice and attract the clients you're meant to serve. The following areas will be covered; Session Setup: Creating a safe, supportive and professional space for your clients. Business Foundations: From logistics to branding, we'll guide you through the essentials of setting up your practice. Finding Your Clients: Discover your unique approach to outreach and connecting with the people who need your work.

In practicum preparation you'll get hands-on experience by inviting clients to a supervised clinic where you can try out your skills in a real-world setting. This is your chance to refine your techniques, build confidence and step into your role as a practitioner.

Whether you're dreaming of a private practice, collaborative work or incorporating these skills into your current career, this module provides the practical foundation to make it happen.

It's time to take the next step toward embodying your vision as a skilled and compassionate therapist.

# 14

# MODULE 14 with GARY PHILOSOPHY

In this dynamic philosophy course, we will explore the foundational concepts of the mind, the physiology of insights, reflection, and the teachings of influential sages who have journeyed towards freedom, or Moksha and Nirvana. A basic understanding of these principles serves as a valuable framework for working with clients who may benefit from clear explanations of the architecture behind their experiences and the teachings that promote personal breakthroughs. Many sages have shared their journeys and insights through poetry and philosophical texts, offering profound wisdom that can guide clients toward deeper understanding.

This module encourages you to engage clients in philosophical discussions, helping them gain broader perspectives on their challenges. You will also learn to incorporate storytelling, poetry, and anecdotes as tools to facilitate deeper insights and understanding. By integrating philosophy-based counseling techniques, you'll empower individuals to navigate their personal journeys with wisdom and compassion. Through empathetic interactions rooted in these philosophical teachings, you will foster holistic well-being and support clients in realizing their potential for self-discovery and healing.



#### **MODULE 15: CLINIC**

The clinic is an ongoing journey throughout the course, providing you with the opportunity to apply the skills you learn along the way. Initially, the clinic serves as a magnifying glass, allowing you to research and address your own challenges and suffering in body, heart, and soul. This self-exploration lays the groundwork for your development as an embodied therapist.

As you progress, you will begin to use basic intake forms and counseling techniques to consult with your peers in training. Through guided and open-ended questions, you will gain insight into their experiences and devise programs to support their growth. Eventually, you will work with individuals you do not know in a controlled setting under supervision, and ultimately, you will engage with members of the public, working independently while meeting regularly for group supervision.

This structured approach is designed to help you gradually accumulate skills and safely transition from working with those close to you to those who are more distant. Support will be hands-on at the beginning, evolving into group insights during the final practical sessions. This tried-and-tested method will challenge you while providing the support necessary to gain deep insights into your work as an embodied therapist, ensuring you are well-equipped to make a meaningful impact in your clients' lives.



IF YOU CHOOSE TO EVOLVE, YOU WILL CONNECT WITH THE STRENGTH WITHIN YOU, YOU WILL EXPLORE WHAT LIES OUTSIDE THE COMFORT ZONE, YOU WILL AWAKEN TO LOVE, YOU WILL BECOME, YOU WILL BE.

# OUR APPROACH THE THREE KEYS OF URBANOM

THE URBAN OM APPROACH INVITES YOU TO FALL INWARDS, TO FEEL YOUR BODY AND TO RECONNECT WITH YOUR SOUL IN ORDER TO FACILITATE THIS WE HAVE IDENTIFIED THREE KEYS TO UNLOCK WHO YOU ARE AND ALL YOU ARE MEANT TO BE.

The keys of Urban OM are designed to serve as pillars and a framework that you can apply to your own introspective journey as well as in your work with others. Accessing your truth can be challenging without tuning into your own awareness of the body's sensitivities and nuances. Therefore, the first pillar focuses on being in the body, emphasizing the importance of physical awareness. The second pillar, being real, complements this by encouraging you to broaden your perspective and discern what is genuinely true for you, fostering a sense of horizontal alignment alongside the vertical sensitivity of the first pillar.

The third pillar, being together, represents a circular connection that allows you to engage with the larger world around you. In a therapeutic setting, it is essential to be connected to your own body and truth in order to establish rapport and trust with others. These keys provide a solid foundation for you to not only deepen your self-awareness but also to work with others in a transformative way.

The Urban OM approach invites you to look inward, feel your body, and reconnect with your soul. To facilitate this journey, we have identified three keys that establish the foundations for thriving and provide you with the tools to embrace your true self and fulfil your potential.



#### BEING IN THE BODY

BEING IN THE BODY is an antidote to cure the modern phenomena of 'disembodiment' caused by urban overload. We emphasize cultivating sensitivity of both the physical as well as the subtle body by training stress reduction and interoceptive awareness. Evidence-based yogic practices applying the therapeutic qualities of postures, breathing and relaxation practices allow the bodymind to strengthen and heal.

These practices are inspired mainly from the Krishnamacharya yoga lineage with elements of Tantric and Kundalini Yoga and underpinned by Hatha yoga pradipika and the modern evidence based practices of interoceptive awareness.

#### BEING REAL

BEING REAL enables development of a sense of self to nourish the connection to truth that can cut through the illusion, dream and deception of the mind. Self-inquiry – honest introspection – is an ancient practice found in every spiritual tradition.

We underpin our approach with humanistic and transpersonal psychology. Being authentic is one of the most important practices we can learn in this life, inspired by Sutras of Patanjali and Osho meditative therapy.

### BEING TOGETHER

BEING TOGETHER is a method of creating safe space to merge body and mind and to explore the magic of letting go into 'something more'. Active and contemplative meditative practices inspired by the contemporary and ancient esoteric wisdom of Osho, Tantra and Zen help participants to transcend the fixation with individual self and cultivate a deeper sense of inner connectedness. Key texts are the Vedas which teach oneness, Isvara Pranidhana.











#### **ROBIN GUETH**

Robin is based in Marin County, California. With over 40 years of experience of teaching yoga and stress management she is a real veteran (who also happens work with actual military veterans).

She has experience working with everyone from the general public to hospitals, athletic teams, programs for brain injury and severe mental health issues. She has been training yoga therapists for over 10 yrs.

#### ANNKI WARBERG LANDAHL

Annki is one of Swedens most experienced Kundalini yoga teachers. She has been practicing and studying Kundalini yoga, Ayurveda and Dharma for 28 years.

With contagious joy and passion she teaches her deep experience and understanding of yoga from a holistic perspective.

She is a certified Ayurvedic therapist, Pregnancy Yoga Teacher, Medi Yoga Teacher, Yoga Therapist, Sat Nam Rasayan Healer and is the founder of Stockholm Kundaliniyoga Center.

#### **AGNI THALGOT**

Agni is trained in Reichian, Breath and Gestalt therapies as well as psychic massage, counselling, inner man/inner woman and various meditative therapies.

She worked for many years in the Osho Multiversity in Pune, co-leading Tantra for Women Fresh Beginnings Part 2, Sexual Deconditioning, Mystic Rose and Pulsation Training.

She now lives and works in Europe leading groups and giving individual sessions.

#### **NEO MORETON**

Trained as a Yoga Therapist (IAYT), Osho Therapist (Osho Risk Denmark), Yoga Teacher Trainer (E-RYT 500) and NLP Practitioner (London).

Holds a Law degree (London) and studied business at Columbia Business School (NY) & IE Business School (Madrid) & THNK School for Creative Leadership (Amsterdam).

Founder of Urban OM, BYOND, Reach Within and AIYANA. Author of "Being real for a change" and is today working as an Executive Coach.









#### ISA KHALWATI

Isa holds a BA in psychology from the University of Stockholm as well as a degree from Swedish Academy for Psychotherapist Education (SAPU). She is trained in Somatic experiencing (SE) – Trauma Therpay and has worked with people both in sessions, groups and trainings for the last 25 years. Part of creating Baravara and Urban OM.

Leads groups at Baravara (baravara.se) and workshops at Urban OM as well as giving private sessions. Creator of the LFT GO meditation.

#### **GARY FABBRI**

Gary has a BA in Psychology and Literature as well as an MA in English Literature and an MBA with a focus on organizational behavior. He is a trained yoga therapist, meditation and breath work teacher.

As a writer and artist he uses creativity and playfulness in his sessions focusing on deep connection and spiritual development. He is dedicated to raising consciousness, transforming lives and celebrating success along the way.

#### ISKAAN GRAAHL

Iskaan's understanding of the body is influenced by his training and experience in Yoga, Neo Reichian Energy work, Rebalancing, Breath work and various Holistic massage techniques. The most important ingredient is his own dedication to meditation and his love for the human body.

Being present with a person, so they can have the experience of a deep letting go through touch instead of focusing on the tension became the core quality and interest in Iskaan's bodywork.

#### LISA PETERSÉN

Lisa has a background working with teenagers in socially vulnerable areas both in London and Stockholm for more than 20 years. Her passion for working with people and yoga led her to the 800H yoga therapy education here at Urban OM.

She quit her job as a youth worker and started to work as a yoga teacher and yoga therapist before she became the studio manager at Urban OM. She loves creating classes that invite a deep embodied experience of flow and ease.

She loves sharing how to meet people with your touch in hands on assists.



#### BEA THORKILDSEN

Bea is a SEP Certified Somatic Experiencing Practitioner, trained in Brainspotting, EMDR, Neuro affective Psychotherapy and Gestalt therapy.

She has ben working with trauma therapy for more than 20 years and is still curious to help the body out of trauma and back to itself.



#### JAN LINDSTRÖM

Jan is trained as a yoga teacher in the Kripalu tradition. In addition, he is trained in, among other things, Embodied Flow, Yoga Nidra, Restorative yoga, Meditation and Pranayama.

Jan regularly teaches Yoga Nidra, Restorative, Yin yoga, Meditation and the calmer and more meditative aspects of yoga, with a focus on guidance and relaxation.



# AS AN EMBODIED THERAPIST YOU CAN WORK in many different ways and

areas in life. You will gain the tools to work with clients one-on-one, either in EMBODIED YOGA THERAPY SESSIONS, counseling sessions or in group settings.

You can work in companies delivering STRESS MANAGEMENT plans, or wellness with a health promoting approach. You'll get skills and material to create WORKSHOPS and retreats for different target groups.

You will gain more knowledge and learn to be be confident in how to handle EMOTIONS that arise in sessions and get skills of how to create a more profound and INTEGRATIVE EXPERIENCE for your clients to enhance healing and growth.

As an embodied therapist, this training empowers you to engage with clients in a deeply HOLISTIC manner, addressing the mental, emotional, physical and energetic dimensions of their being. You will cultivate the ability to empathically investigate root causes of challenges, enabling you to facilitate transformative experiences that resonate at every level of a person's existence.

With this training, you can work in diverse settings, whether in one-on-one sessions, creating impactful workshops, or implementing wellness programs within corporate environments. By integrating philosophical principles and meditation into your practice, you will guide individuals on their journey toward liberation and self-discovery, helping them break free from limitations and embrace a more fulfilling life.

### CERTIFICATION

URBAN OM'S EMBODIED THERAPY EDUCATION IS CERTIFIED BY YOGA ALLIANCE 500 (500 RYT) & THE INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS (IAYT)

- Urban 0M has fulfilled the standards established by IAYT and Yoga Alliance, enabling you to apply for the C-IAYT and RYT-500.
- Urban 0M has met the requirements set by Yoga Alliance, demonstrating that our trainings are of the highest standard and that our graduates may use the title 'Registered Yoga Teacher' RYT-500 as a sign of quality.
- It is the student's responsibility to verify the requirements for registration with IAYT and Yoga Alliance. The student in also responsible for covering any associated costs
- To receive Urban OM's certificate, you must complete the full training to an agreed standard, meeting the conditions of IAYT. You must also complete all assignments and practicum hours.

# HOW TO APPLY

#### IN THREE SIMPLE STEPS

#### 1. APPLY

By visiting www.urbanom.se and complete the answers in the online application form.Application is non binding.

#### 2. INTERVIEW

When the application is received you will invited to a 30 min interview to assess your readiness for the education.

#### 3. ADMISSION & CONTRACT

Within a week from your interview we'll get back to you, and if approved, ask you to sign a contract to secure your place in the training.

LIMITED PLACES - APPLICATION IS OPEN

#### **INVESTMENT**

FULL PRICE: 159.000 SEK

A registration deposit of 9.000 SEK is required to secure your place in Urban OM's Embodied Therapy Education. This registration deposit is non-refundable.

You will receive a BASIC Membership to Urban 0M from the date when you pay your registration fee for the education and your membership will last for the duration of your education.

#### **PAYMENT PLAN**

9.000 SEK on booking to secure your place.

A 7.500 SEK monthly invoice for 20 months (early bird discounts affects the monthly payment)

Not included in the price but required part of the education is Baravara Door Opener 1 (www.baravara.se) 12.900 SEK

Payments for the Embodied Therapy Education is according to the payment plan.

Required reading material at a cost of approx. 4.000 SEK

