



## hunting season

It's about a thousand hectares and that is more than enough for a full season's good hunting. I start by letting the youngest dog, Shiva, work. She's extremely fast and it's difficult to imagine that she will be able to stop once she smells birds but she does. For the dogs to be able to work all day, I make them take turns and work in twenty minute sessions. Shiva is a good hunting dog but she doesn't find birds on her first session. The second dog to work is, Wilma, my English pointer. She's a bit slower than Shiva but still very quick despite her 8 years of age. After about twenty minutes Wilma stops and signals. This is exciting, especially for Suzan who's never been on a hunt before. What is it? Is it a flock of game birds or just one on its own? You never know. I repeat the security rules for shooting and then give the hunters the go ahead to load their guns and get into position. We walk side by side in a straight line behind the dog, one hunter on each side of me. Wilma is standing dead still on point, and there's no doubt she knows where the



birds are. When I advance in front of her, five game birds fly up out of the heather. Bang, bang, bang! Three shots and one bird falls. Yes! Great! It was Eva that shot one of the birds and Wilma happily collects the bird and proudly presents it to the huntress. Eva is very happy and so is Suzan even though she

missed. The excitement, joy and adrenaline in both are evident when they discuss what happened, how the birds flew up, what they were thinking about, how they made their shots...Wonderful! Wilma gets a big thumbs-up and now it's my dog Zero's turn.



Zero is extremely perseverant, very fast and strong when he hits the undergrowth. He disappears out of sight and I let Wilma go out again and after 15 minutes she's standing still again, signaling. Exciting! This time seven birds take off and Suzan finally gets to shoot her first bird, ever. She is so happy!

And this is how the day continues. The sun is shining, the wind is perfect, and nature is dressed in autumn colours and it is impossible not to enjoy life. The dogs are doing a good

job and I'm proud and happy that the intense stamina and discipline training is paying off. At noon we stop next to a stream for lunch, cooking it on a little burner that I carry with me. After lunch and 10 km of hiking we give ourselves a well deserved rest on the moss.

During the afternoon we are given several opportunities to shoot for birds. We miss some and we have a few hits, bringing three birds home at the end of the day.

It's almost 5pm when we get back to the cabin. The sun is shining and the sky is blue. We're on the porch cooling down with elderberry lemonade, sausage and cheese. Joints and muscles ache after about 16 km hiking on marshland and down the Stötliden Mountain. When I offer my guests a short stretch yoga session they don't turn it down.

When my guests are lying in their stretch position I remind them of the core message of yoga. Yoga is all about balance. Balance

between body and mind. I remind them to be in the presence and remember the moments of joy they've experienced throughout the day, to remember these memories whenever they might need them in the future. To create positive emotions within, we can consciously focus on positive and happy memories. A feeling is always created by a thought. If we're conscious of our thoughts, we can influence the way we feel.

After resting on the porch, it's time to visit the sauna down at the lake. Eva, the tough Dane, jumps in the 5 degrees C. mountain lake several times. We finish off the day with dinner in the cabin. Tonight we're having newly-shot game bird for starters, fjällrödning or, salmon trout in English, for main and panna-cotta for desert.

After a day like this the guests fall asleep without the need for lullabies. 

