Program

Different kind of group classes:

Sunrise yoga / Wind down yoga - PilaTess - Circuit training - Cardio blast - Boxing - Beach hikes - Kettleball workout - Resistance band workout - Dumbbell workout

Workshops:

Cooking - Meditation - Breathing techniques - Mindfullness & Intuitive - Sports & stress related with food - Q&A yoga - Tips & tricks to keep your motivation during daily life

Daily Program Example

Time	Activity	Time	Activity
07.00 – 08.30	Sunrise Beach Yoga	07.00 – 08.30	Sunrise run/walk
09.00 – 10.00	Breakfast	09.00 – 10.00	Breakfast
11.00 – 12.30	Kettleball workout	11.00 – 12.30	Resistance band workout
13.30 – 14.30	Lunch	13.30 – 14.30	Lunch
14.30 – 16.00	Free time	14.30 – 16.00	Free time
16.00 – 17.00	Open kitchen workshop	16.00 – 17.00	Boxing
17.30 – 19.00	Evening yoga & Meditation	17.30 – 19.00	Sunset Hatha yoga
19.30 - …	Dinner & Free time	19.30 - …	Dinner & Free time

Arrival on **8th** of march
until the **15th** of march

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Retreat

Join personal trainer Tess van Beurden and her team of health and fitness experts for an all-inclusive health retreat in sun-drenched Mallorca. You'll stay at Cal Reiet, a beautiful country retreat surrounded by lush Mediterranean gardens. Explore the island's stunning coastline with hikes along the nearby beach, then return to Cal Reiet for a refreshing dip in the 20-metre swimming pool.
During your seven-night stay at this holistic hotel you will partake in daily yoga classes, HIIT workouts, meditation workshops… and many other activities designed to strengthen your body and mind.

We will keep your energy levels high by serving you three meals a day, full of Mediterranean flavour. All food is locally-sourced (with some ingredients even coming from the hotel garden), seasonal, organic… and delicious! You will also get a well-deserved glass of wine with dinner, if you choose.

Bring this all-natural approach to eating back home with you by taking part in cooking workshops at the hotel. From complimentary massages to bespoke osteopathic treatment, this luxury retreat is designed to feed your mind, body and soul.

€3750 individual
€ 2800 when sharing room

Included

Pre retreat health advice - Airport transfer from Toulouse Airport - Goodiebag - Champagne upon arrival & departure - Individual professional body measuring & personal advice - Complimentary (open air) massage - 3 healthy macrobiotic/ holistic meals a day (vegetarian or meat) & a glass of wine during dinner - 1 on 1 session with a personal trainer or yoga teacher - Individual treatment from Frank De Bakker (Osteopathe - Individual session with Katleen Peeraer (Orthomolecular) for advice on your lifestyle/food intake - Water & tea during the day - Daily room cleaning - Optional follow up with personal skype motivational sessions to keep you on track

Excluded

Flights - More than the complimentary massage/personal trainer/ osteopathe/orthomolecular sessions

Team

Yoga Isaac Mullins - Has been practicing yoga since 1997 and has been teaching since 2007. His studies range from Astanga, Atmavikasa Hatha, Iyenga, Wim Hof, yoga philosophy at degree level and yoga therapy. His strengths are being able to adapt his teaching methods to his students, ranging from beginners to more experienced

Personal Trainer Carel Schott - physiotherapist, psychotherapist (EAP), personal trainer, kettleball guru. Very driven, enthusiast, humourous, innovative & broad knowledge. Teacher and trainer in different studies concerning mental force & physical performance.

Osteopath Frank De Bakker - The famous 'Frank de Bakker' method is based upon the continuously evolvement of the embryological development of the human body. Blockages created throughout life, will stop this process. So here is where Frank will make sure that the physical and mental (daily) issues will be cleared in order to refind your balance.

Organizer Tess van Beurden - Personal trainer, fitness, bootcamp & pilates instructor, motivator and influencer.