CAL REIET

HOLISTIC RETREAT

SPRING YOGA DETOX RETREAT

Yamuna & Marco at Cal Reiet

11th – 17th April 2019

Carrer Cal Reiet 80, 07650 Santanyi, Mallorca, Spain
www.calreiet.com +34 971 947 047 enquiries@calreiet.com

CAL REIET

HOLISTIC RETREAT

DESCRIPTION

Spring is a good opportunity to rejuvenate and to cleanse the body, mind & soul.

This Yoga Retreat is designed to let go of old patterns and nourish yourself with energy & peace.

We will focus on cleansing, nourishing & rebalancing your physical, mental and spiritual bodies, allowing you to find your true self.

During this Cal Reiet In House Retreat we will combine Yoga, Qi Gong, Meditation & pranayama to revitalize and balance your subtle bodies.

In the mornings, you will enjoy detoxifying Morning Flow Yoga & guided meditations – in the afternoons we immerse into peace with Restorative Yin Yoga & Qi Gong surrounded by the beauty and peaceful location of CAL REIET.

Who we are

Yamuna & Marco are both experienced Yoga Teachers & Massage Therapists, based at Cal Reiet who love to support & guide their students in form of Yoga & Massage Retreats as well as Teacher Trainings.

They both share their passion for Holistic Health & Healing for many years and with their wisdom have guided many students all over the world.

DAILY PROGRAM

7:00h - 9:00h
Pranayama & Morning Yoga

09:00h - 11:00h
Delicious Breakfast Buffet

11:00h – 17:00h
Massages & Time to enjoy

17:00h – 19:00h
Qi Gong Yoga & Meditation

19:30h - 21:30h
Dinner Buffet

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PRICING

Early bird price- for reservations made **until January 31st 2019**

Single room- 2.375,00€

Double room- 1.865,00€/person

For reservations made from **February 1st 2019 onwards:**

Single room- 2475,00€

Shared room- 1965,00 € / person

What is included:

6 nights' accommodation at Cal Reiet Holistic Retreat

Vegetarian/Vegan Breakfast & Dinner Buffet

One body treatment of 60 minutes – given by Marco or Yamuna

Morning & afternoon yoga classes with Marco & Yamuna

Cal Reiet Rejuvenating & Recharge Juice Program for 5 days

Information packet with daily information, exercises and inspiration

Two juices per day

One superfood smoothie per day

One vegetable broth tea per day

Coconut oil for daily oil pulling

Food support during the week

Informational support during the week

Daily Emails

Tips and suggestions for following up your experience once you leave Cal Reiet

Price per person - 300,00€

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REGISTRATION & PAYMENT

To make your reservation, please contact **enquiries@calreiet.com** or alternatively call us at (+34) 971 947 047. The full prepayment fixes the reservation. You can pay by card (we accept only Visa & MasterCard) or by bank transfer.

Our account details:

IBAN: ES80 0019 0086 15 4010067913

BIC/SWIFT: DEUTESBBXXX

Bank: Deutsche Bank

Beneficiary: Cal Reiet Mallorca SL

After receiving your payment CAL REIET HOLISTIC RETREAT will send you a booking confirmation. By doing the payment for the retreat reservation you accept the cancellation policy stated below.

CANCELLATION POLICY

Please note that there will be no refunds or discounts for arriving late, leaving early, flight cancellations, travel delays or illness. If you cancel the retreat for any reason, the cancellation policy below will apply, with no exceptions. We wish we could compensate people for unforeseen circumstances (injury, family emergency, etc.), but we have costs already incurred when reserving the retreat. We have designed our cancellation policy to be as compassionate as possible in the case that your plans change. But to protect yourself further, we strongly encourage you to purchase travel insurance.

IF YOU CANCEL YOUR RESERVATION:

91 days or more prior to the start of the retreat, you receive: 100% credit of the deposit paid toward another retreat or private stay at Cal Reiet Holistic Retreat within 12 months. 61-90 days prior to the start of the retreat, you receive: 50% credit of the cost of the full retreat toward another retreat or private stay at Cal Reiet Holistic Retreat within 12 months. 0-60 days prior to the start of the retreat: no refunds or credits will be given.

To cancel please send an email stating that you wish to cancel your booked retreat to **enquiries@calreiet.com**