



CAL REIET

HOLISTIC RETREAT

# Transform New Years at Cal Reiet

Dec. 28 - Jan. 4, 2019

Shivanter Singh - Siri Rishi - Julian DeVoe



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# CAL REIET

H O L I S T I C   R E T R E A T

## Description

It's a New Year and a great time to step into a new and vibrant way of living. We will celebrate this time of transition by releasing all that no longer serves us and fill up on that which replenishes. Our goal is to empower, uplift and share gratitude as we enjoy the benefits of this beautiful locale.

We aim to revitalize our minds, bodies and spirits with fun, laughter, live music and true connection. We will eat amazing, plant powered foods, move our bodies in a yogic sort of way and step into empowered and mindful living.

Clean, delicious, local organic food, will fuel and enliven our bodies. Lively conversations around the table will inspire us to connect, share and heal. Discussions and activities will help to cleanse the mind and fuel a deeper sense of awareness and illumination.

Siri Rishi, Shivanter and Julian will be your guides for generating an experience to launch you into the New Year with brio. Their expertise in this powerful Mediterranean environment will create a transformational and empowering week that you will remember forever. You will leave feeling refreshed, renewed and equipped with tools to make impactful changes in your life.

**Dates:** Dec. 28 - Jan. 4, 2019

**Pricing:** Shared: € 1,599.00; Private: € 2,999.00

### What's Included:

- Daily movement classes
- Daily supercharged juices and smoothies
- Cooking workshop
- Three abundant plant powered meals
- Meditation Offerings
- New Years Eve ceremony
- Live music
- Soundscape experiences
- Breath walk experiences

### Add-ons:

- Massage
- Excursions
- Private Yoga
- Private health coaching



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## Sample Daily Schedule (Subject to change)

**6.00 am:** Morning juice/ Cleansing broth

**6.30 - 8:00 am:** Yoga, meditation, breathwork

This practice will be created out of Kundalini yoga, self-awakening yoga, qigong and yin yoga to awaken your mind, body and spirit followed by morning smoothie/juice & daily check in (in the Yoga Shala). After each class, we sit in circle checking in/sharing. After share, we will have a light breakfast, breakfast bowl with steamed greens/veggies, quinoa, sprouts, dehydrated crackers, breakfast mix of dried fruits, nuts and seeds. Hand fruit will be available throughout the day, apples, oranges, bananas.

**10.00 am:** Movement and physical exploration

Finding the needs of your body, stepping into the space of honoring yourself and your needs within the container of the sacred space.

**12:00 am:** Brunch

Vegan high vibe offering, with #2 juice of the day.

Sample menu: Raw chilled cucumber-avocado-gazpacho, robust garden salad with turmeric salad dressing, chia seed pudding and walnuts, chilled brewed detox tea.

**2:00 pm:** Afternoon Lecture

Cooking class, focusing on high vibe healthy lifestyle choices.

**3:00 - 5:30 pm:** Leisure Time to recharge & reconnect to your soul. Massage, excursions, lounging.

**5:30 - 7.00 pm:** Kundalini Yoga Workshop - cleansing specific to help your body adjust & eliminate toxins.

**7:30 pm:** Dinner

Evenings will be open to organic experiences with everything from music, films, discussions or just hanging out and chatting.



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## PRICING

Single room: 2.999,00 €

Shared room: 1.599,00 €/person

*Prices are inclusive of VAT*

## REGISTRATION & PAYMENT

To make your reservation, please contact [enquiries@calreiet.com](mailto:enquiries@calreiet.com). **Full prepayment** fixes the reservation. You can pay by credit card (we accept Visa & MasterCard only).

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](mailto:enquiries@calreiet.com)