



Holistic Detox Retreat

Balance your body, mind and emotions

Retreat 3 or 5 days

Experience the healing benefits from the ancient eastern sciences of:
Yoga, Energetic cuisine, Ayurveda, Traditional Chinese Medicine, Tai Chi, Meditation, massage and Inspirational workshops.

Late booking offer

7-12Th May

Late Discount Price

995 Euros

English Speaking

For bookings

www.calreiet.com

email: enquiries@calreiet.com

Phone:+34 971 947 047



CAL REIET
HOLISTIC RETREAT

For more information

www.zariholisticwellness.com

Email: info@zariholisticwellness.com

Phone +447738000016 Zari
Spain +34 687 037 350 Maribel



MALLORCA



Holistic Detox Retreat

Balance your body, mind and emotions

Retreat 3 or 5 days

This 3-5 days unique Spring detox is designed to support your body, mind, emotional and energetic systems. Learn valuable skills to improve your well-being and maintain a healthy radiant life. The fusion of nutritional cleansing with holistic practices, provides a complete harmonizing and rejuvenating program.

Enjoy the luxury settings of Cal Reiet Holistic Retreat -A deluxe boutique hotel that fuses historic charm with modern Chic, located in the idyllic setting of Santanyi, Mallorca. Our specially designed Spring detox is safe for all medical conditions including pregnancy, diabetes.

Retreat delivered in English speaking

Typical daily Schedule

7.30am Natural body scrubbing
8-9am Yoga
9-10.30am Breakfast
10.30-1pm Inspiring Workshop
1.30pm Lunch



3pm One to one sessions,
treatments, free time
6-7pm Tai Chi/qi gong
7.30pm-8.30pm Dinner
8.45pm-9.45pm Meditation

The program includes:

- * 3 or 5 nights luxury accommodation. Deluxe rooms in stunning boutique hotel based on shared accommodation. Single room supplement.
- * Complementary Aromatherapy natural hair and body care is provided in the rooms.
- * Natural body scrubbing with plants powders.
- * All meals everyday, selected beverages, water and unlimited herbal teas.
- * **Daily Yoga** –Classic Hatha Yoga; a gentle style designed to detox the energy system and connect mind and body.
- * **Breakfast** – A healthy selection of foods based on eastern Energetic Nutrition



***Daily Workshop- 2 -2.5 hours of inspiration, teachings and practices including:**

1-Integrative Nutrition – Learn how to cleanse and purify the body systems to balance your energy with the energy of spring, and the different properties of foods in relation to colour, nature and flavour. Spring is the ideal time to cleanse the body and remove the harmful substances that have accumulated over the winter season. The most active organs in this season are the Liver and Gallbladder. The energetic objective to be achieved with the kitchen is to activate and purify the body.

2- Balancing emotions and food cravings- Understand the body's chemical responses to emotions, stress and anxiety, in relation to our physical health and resulting behavioural patterns. EFT-emotional freedom therapy, is a fast, effective and powerful tool, that can be easily learnt to combat food cravings, addictions and balance emotions in minutes. It works with similar principles as acupressure and the Chinese energy meridians, to balance and harmonise the energy system and create a sense of ease. This workshop also addresses conscious eating and positive behavioural change.

3- Energetic Cooking- A fun, practical cooking class. Make with your own hands the exquisite and cleansing daily menu, based on food energy. Engage your senses as you begin to understand the properties of the Yin/Yang, hot/cold foods and different colours and flavours. Taste your fine culinary delights for lunch.

4- Empower, Manifest and Transform- An inspiring workshop for the Mind, that looks at how our thoughts and mental wellness effects our behaviour, reality and choices in life. Learn some valuable mind power- NLP tools and techniques to transform your mind into a more positive and supportive ally; helping you to achieve your goals and empower your life.

***Lunch - A healthy selection of foods based on eastern Energetic Nutrition**



***Treatments and free time** – Time to indulge and relax. Use of the hotel facilities including: 20 metres outdoor pool, basic workout room, lounge area, beautiful garden. Take a 3 minute walk to Santanyi boutique shops and local village or take a bike ride to the beautiful beaches 5km away.

***Choose from one personal session-** included in the price. Additional treatments extra charge.

- 1.** Abhyanga Massage –Ayurvedic massage from India. This therapeutic massage uses warm oils and long Massage strokes to remove toxins, increase blood circulation, calm the mind and nervous system.
- 2.** Relaxing Massage- Gentle oil massage with Aromatherapy .
- 3.** Holistic Nutrition Consultation – Receive one to one tuition on Integrative Nutrition-where the human is considered a ‘whole energy system’ not just the physical body. Learn how nourish all the energy fields of the body and how to eat and balance your diet according to your body constitution, physical/ mental conditions. Receive a personalized diet plan to increase your vitality and support a healthier life.
- 4.** Emotional Freedom Therapy –A personal therapy session that uses a light tapping technique to release emotional blockages from the energy system, that are standing in the way of your wellness. Particularly beneficial for: stress, trauma, fears, phobias, depression, anxiety, PTSD, confidence, pain, tension, strong emotions, grief, anger, addictions and more....

***Daily Tai Chi-** Tai Chi and Qi gong are an ancient Chinese energy practices, designed to promote health, vitality and longevity. Tai Chi is considered a Meditation in movement; a series of slow, graceful movements designed to create mindfulness, inner peace and reconnection to the elements. Qi Gong has incredible healing qualities and helps to cultivate healthy ‘Chi’ (our vital life force energy).These light gentle exercises can generate strength, balance, positivity and radiant well-being.

*** Dinner - A healthy selection of foods based on eastern Energetic Nutrition**

***Daily Meditation-** For mind relaxation, clarity and inner peace, including: Traditional and contemporary techniques includes Tibetan bowls and healing sounds.



Investment /cost

5 nights/5 days Cost – 1595 euros per person shared accommodation (2 people)
Single room occupancy = 70 euros per night

3 nights/3days - 995 euros per person 3 nights shared accommodation (2 people)
Single room occupancy = extra 70 euros per night

Retreat program check in from 3pm -6pm. You can relax by the pool, meet friends we will meet as a group at 6pm on the Saturday 7th May until 12pm on the Thursday 12th May.

Does not include: Flights, transfers, extra treatments or food outside the 5 day program.
Airport Transfers can be arranged through the hotel at an additional cost.

Luxury Hotel Accommodation

Cal Reiet Holistic Well Being Retreat is a deluxe Country Boutique hotel is set in beautifully lush Mediterranean gardens, an oasis ripe with scents of the earth, sea and sun, and an ideal setting for the communion of mind, body and spirit. With 15 beautifully designed rooms, inside and outside dining area, 20m swimming pool, Yoga Shala, simple gym workout room you will perfectly set up for a delightful experience.

For more information visit www.calreiet.com

The Retreat Centre is a couple of minutes walking distance into the local village of Santanyi, where you will find a feast of boutique shops, bars and restaurants and local heritage. Outdoor craft markets sprawl through the streets every Wednesday and Saturday. Mallorca's beautiful beaches are approx only 6km away.



Who we are

Maribel (Qualified Yoga Instructor. Naturopath. Nutritionist. Energetic diet Therapist. Massage Therapist).

Maribel has always been interested in helping others from the point of view of health. She has been working for years as a massage therapist and massage teacher. After a year of living and studying Yoga and Ayurveda in India, she decided to dedicate her life to that. She has travelled to South America, learning about Andean-Amazonian medicinal plants. She is a certified Naturopath, from Barcelona, specializing in diet and nutrition, Energetic Diet therapy based on traditional Chinese medicine. Maribel is convinced that food is one of the major bases of health. Currently she runs retreats, workshops, personal consultations and group seminars related to health where there is always a good ecological and vegetarian menu.



Zari (Hypnotherapist, Emotional Freedom Therapist. Tai Chi Instructor. Aromatherapist. Holistic Wellness consultant and coach)

Zari is originally from the UK, she has been involved in the Holistic Wellness field for over 10 years; living, working and studying across the globe. She holds a range of professional qualifications, expertise and breadth of international experience. She has studied under and assisted many established teachers and masters across the world. She has lived for numerous years in India, working with renown detox spas and wellness centres as a therapist and holistic wellness consultant and for the past few years been running her own transformational workshops, retreats and therapies in Thailand and Indonesia and Europe. She is passionate about Wellness and her work offers an invitation to release what no longer serves us, open up to positive change, more love and radiant living.

www.zariholisticwellness.com





For more information

www.zariholisticwellness.com
email: info@zariholisticwellness.com
Phone +447738000016 Zari
Spain +34 687 037 350 Maribel

For bookings

www.calreiet.com
email: enquiries@calreiet.com
Phone: +34 971 947 047