



CAL REIET

HOLISTIC RETREAT

## A RETURN TO INNOCENCE

Cal Reiet welcomes

Björn Natthiko Lindeblad assisted by Petra Bensland

**6<sup>th</sup> – 10<sup>th</sup> September 2019**





# CAL REIET

H O L I S T I C R E T R E A T

## DESCRIPTION

This retreat offers an opportunity to return to that in us which is peaceful, wise, compassionate and innocent. Through a spacious mixture of guided meditations, reflections, dialogue, gentle yoga and time on your own, we will learn to rest our awareness in the body and the breath. To let go of thoughts that do not serve us, and experience emotions more through the body, less through the mind. The aim is to afterwards return to our daily life with more courage, more heart, more humor, more clarity, standing steadier in our own lives.

The retreat will be lead by Björn Natthiko Lindeblad, assisted by Petra Bensland, who will lead the two daily yoga sessions. This retreat has been designed to suit both people who have little or no previous experience of meditation or yoga, and more experienced practitioners.

Björn Natthiko Lindeblad was a Buddhist monk in the Thai forest tradition for 16 years. He has taught meditation for almost 20 years, in nine countries on four continents. Since he returned from the Buddhist monks life to his native Sweden in 2008, he has become one of Sweden's most appreciated public speakers and meditation teachers, and appears regularly on TV and national radio.

Petra Bensland is a certified Classical Yoga teacher, co-founder and co-owner of Yoga Elements Zürichsee & Cal Reiet Holistic Retreat. The yoga sessions will be focused on breath and alignment. So you will be perfectly prepared for Björn's meditation and Dharma talks.

## DAILY PROGRAM

### Sept. 6<sup>th</sup> Arrival Day

15:00h – 19:00 Check-in time **and** Meet & Greet  
20:00h – Dinner

### Sept. 7<sup>th</sup> – 9<sup>th</sup>

7:00h-9:45h Yoga with Petra & followed by Session with Björn  
10:00h-11:00h Breakfast  
11:00h – 16:00h Time to enjoy  
16:00h-19:30h Afternoon Yoga with Petra followed by Session with Björn  
20:00h Dinner

### Sept. 10<sup>th</sup> Departure Day

7:00h-9:45h Yoga with Petra & followed by Session with Björn  
10:00h-11:00h Breakfast & Check out



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## PRICING

Early bird price- for reservations made **until May 31<sup>st</sup> 2019**

Single room- 1835,00€

Shared room- 1475,00 € / person

For reservations made from **July 1<sup>st</sup> 2019 onwards:**

Single room- 1935,00€

Shared room- 1575,00 € / person

### *What is included:*

***What is included: 4 nights accommodation at Cal Reiet Holistic Retreat***

***Vegetarian/Vegan Breakfast & Dinner Buffet***

***Morning & afternoon meditation, yoga and pranayama classes***

***Sessions with Björn Natthiko Lindeblad***

### **Cal Reiet Rejuvenating & Recharge Juice Program for 4 days**

Information packet with daily information, exercises and inspiration

5 juices per day

One superfood smoothie per day

Vegetable broth during the 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 - 320,00€**



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## REGISTRATION & PAYMENT

To make your reservation, please contact [enquiries@calreiet.com](mailto: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](mailto:enquiries@calreiet.com)