

Ulrica Norberg

yoga

The equanimity retreat



Cal Reiet, Mallorca - 1-5 of May 2019



THE EQUANIMITY RETREAT - How to be with what is

Welcome to this inspiring
5 day retreat in Mallorca,
with Yoga Master Ulrica
Norberg

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only blessed with the gains
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Ulrica has designed the
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magnificent center Cal
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breath and meditate
towards serenity and
stillness.

In between sessions you can
enjoy the centers fantastic
pool area, gorgeous
restaurant and tranquil
environment for just be
with the *now* moments.

Bookings and practical
questions, Sarah Elfvin:
sarah@luckybodies.com

1370€ in double room
1670€ in single room

THE EQUANIMITY RETREAT - How to be with what is

Welcome to this inspiring 5 day retreat in Mallorca, Spain with Yoga Master Ulrica Norberg

Many of us desire a life where we can be untouched by the challenges of life and only blessed with the gains and succeeded moving us forward. How does one balance the two and is it possible to attain a balanced lifestyle in the modern era? This retreat is for you who would like to try it out. Who are curious to set sail into the unknown and marry it with the known. Who are practicing yoga, pranayama and meditation and yearns to deepen ones practice in peaceful and respectful settings. For those of you who want to be a part of your own choices, set a more inquiring search towards your own potential. In order to hopefully arrive in greater equanimity one day. Where you can be more present, in greater ease and less driven by tension and reaction. For those of you who deep down really enjoy living. And living well.

Ulrica has designed the days spent at the magnificent center Cal Reiet, in a great blend of yoga classes where you flow through inspiring sequences, align your body, mind and spirit, learn new ways to move with your breath and meditate towards serenity and stillness. In between sessions you can enjoy the center's fantastic pool area, gorgeous restaurant and tranquil environment for just be with the now moments. This is set out to be the best outline for a fulfilling week.

Cal Reiet is a holistic wellbeing retreat hotel with 14 luxurious rooms and suites hard to compare to any other place. The house was built in 1881 and restored just a few years ago. The surrounding garden with its hidden corners and calm atmosphere makes a perfect hideaway or just a place for contemplation. The yoga shala has a lot of space and offers lots of space for both yoga and meditation. The 20 metre swimming pool is a real treat, especially on a warm summer's day, and it is beautifully set amidst the retreat's lush gardens. If you want to go for a walk the area offers infinite possibilities in the countryside around the farm

PRICE

1370€ in double room

1670€ in single room

Includes accommodation, food, classes and everything Cal Reiet has to offer. Does not include travel and transfer

Welcome!

For those travelling long way and would like some more inspiration and deeper studies, Ulrica will be teaching workshops May 6-8 and hold a seminar about Breath and her newly released book May in Palma.

Contact Sarah Elfvin at Lucky Bodies & Happy Souls for more information and how to register: sarah@luckybodies.com +34 674 085 065