



CAL REIET

HOLISTIC RETREAT

Spring Rejuvenation Detox Retreat at Cal Reiet with Petra Bensland and Anja Ebersbach

11th – 17th April 2019





CAL REIET

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

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 come closer to your true self.

During this Cal Reiet In House Retreat we will combine Yoga, Tai Chi, Meditation & Pranayama to revitalize and balance your subtle bodies and detox your body with our cleansing juice program.

In the mornings, you will enjoy detoxifying Morning Flow Yoga & Pranayama – in the afternoons we relax with Restorative Yoga, Tai Chi & Meditation surrounded by the beauty and peaceful location of CAL REIET.

Who we are

Petra Bensland

Petra Bensland, mother of three grown-up children, is officially on the Yoga path since 2009 and has dedicated her life to conscious living ever since. Certified yoga teacher since 2012 with a 200h TT RYT at the Centered Yoga Thailand in classical yoga with Paul Dallaghan. 2013 & 2018 she completed the 200h TT RYT Pranayama program with Paul Dallaghan and Sri O.P. Tiwari at the Centered Yoga Thailand. 2017 followed an advanced 200 TT with Michael Hamilton, Airyoga Switzerland.

“With the co-founding of Yoga Elements Zürichsee in 2014 and Cal Reiet in 2015, it is my great concern to offer platforms for contemplative practices, so that visitors can experience and practice a way to become more centered, move towards health and the rewarding path toward self-realization.”

Anja Ebersbach

...”When my tremendous fatigue, sluggishness, lack of focus and struggle to control my body weight got a name – Hashimoto’s disease – and rather unhealthy and at times sad and toxic experiences completely depleted me, I decided to radically change my lifestyle. First, I started searching for the best health enhancing ingredients and experimented with products of numerous providers and manufacturers worldwide. Superfoods were essential, but just one part of my attempt to detoxify and vitalize my body, nourish my mind, and help my soul flourish again.”

Today, I’m Certified Human potential coach with profound knowledge on the plant-based ketogenic diet and human potential development.

I am on a mission to inspire people to lead healthy and vital lives by sharing my own experience captured in creative, artful and delicious food designs.



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

DAILY PROGRAM

08:30 – 09:45

Pranayama & Morning Yoga

10:00 - 11:30h

Delicious Breakfast Buffet

12:00h – 17:00h

Massages & Time to enjoy

17:30h – 18:45h

Tai Chi, Meditation or Restorative Yoga

19:30h - 21:30h

Dinner Buffet

PRICING

4 days retreat

Single room - 1.460,00€

Double room - 1.060,00€/person

6 days retreat

Single room - 2.100,00€

Double room - 1.500,00€/person

What is included:

4 or 6 nights accommodation at Cal Reiet Holistic Retreat

Vegetarian/Vegan Breakfast and Dinner Buffet

Pranayama & morning Yoga - 75 min

Tai Chi, Meditation or Restorative Yoga - 75 min

1x Massage included

Juicing program*

Nutritional Talks 2x (4 days retreat) or 3x (6 days retreat) with Anja Ebersbach

*The juicing program consists of the following:

- 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
- Informational support during the week & daily e-mails



CAL REIET

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

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.