

# Take a Paus - Rest Your Senses

## Yoga & Mindfulness 23 – 26 September with Malin Sävstam



*Reload your batteries in September. Strengthen your body and de-stress your brain with relaxing days.*

Join me s for revitalizing yoga and mindfulness for body and soul at the most magical spot in the Mediterranean. Three luxurious calm days at Cal Reiet, Mallorca, when the island is at its best.

Come alone or make an unforgettable trip with dear friends.

This unique yoga retreat offers different dimensions of yoga. We move dynamically to strengthen muscles and bones. We let the body land and ground softly to revitalize fascia, joints and ligaments. Daily breathing and mindfulness practice enhance inner balance and calms the mind.

With wholesome yoga, vegetarian meals and energizing conversations you will return with a more peaceful mind. Ready to meet the lovely autumn.

**When:** 23 – 26 September 2019. Arrival Monday 23<sup>rd</sup> from 13.00, first session starts at 16.00. Closing of retreat on Thursday 26<sup>th</sup> at 11.00, after breathing practice, yoga class and brunch.

**Where:** At the magical Cal Reiet in Santanyi, East of Palma, approx. 35 min. from the airport, please check [calreiet.com](http://calreiet.com)

**How:** Transportation to Mallorca is booked and paid by you. It is recommended to arrive on the early morning flight. We arrange transfer from the airport on Monday 23<sup>rd</sup> to Cal Reiet for arrivals before noon, as well as the return to the airport/Palma on Thursday 26<sup>th</sup> at 11:45 am.

**Price:** 3 nights, 3 dinners, 3 brunches, 10 classes, 1 beach excursion for the price of 920 EUR in shared double room.  
Single room supplement is 100 EUR per night.

300 EUR will be invoiced upon registration, and the remainder will be invoiced on 15<sup>th</sup> of July.

*Enjoy these days on your own or bring a dear friend.*

**Register by sending an email to** [malin.savstam@ettriktliv.nu](mailto:malin.savstam@ettriktliv.nu) or phone Malin at +46 708 23 86 75 for more info.

### **About Malin**

Malin survived the Tsunami in Thailand 2004, but lost her husband, two of her children and three close friends. Thanks to her daily awareness practice of consciousness, breath and body she now lives a rich life.

Humor is an important source of inspiration to Malin, both on and off the yoga mat. Her teachings are filled with happiness and dynamism and focuses on guiding into safe and strengthening positions. Malin has extensive training in both yoga and mindfulness for internationally acclaimed teachers such as Sarah Powers, Maty Ezraty, James Brown and Chuck Miller.

Malin also has broad work experience as a CEO at an Advertising Agency and her own consulting firm. Today she is an experienced and acclaimed speaker in many different businesses. Her book "When Life Stops" (När Livet Stannar) has sold in 65 000 copies. 2009 she was the summer host in Swedish Public Radio.

**"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift."**

**Albert Einstein**