



CAL REIET

HOLISTIC RETREAT

Unlocking the 7 Secret Powers of the Heart

A New Year's Eve Retreat With Shai Tubali at Cal Reiet 2019/2020

assisted by Petra Bensland

28th December 2019 – 4th January 2020



Carrer Cal Reiet 80, 07650 Santanyi, Mallorca, Spain
www.calreiet.com +34 971 947 047 enquiries@calreiet.com



CAL REIET

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

DESCRIPTION

According to international spiritual teacher, chakra expert and author, Shai Tubali, the heart is the source of the strongest and most unbreakable power within us. But how can we tap into our heart energy and activate it on a daily basis, when we are so dominated by the mind and the intellect?

This retreat will be wholly focused on learning how to easily switch from mind perception to heart-based perception. Going through a profound, step-by-step process of healing, balancing and opening of the heart, it will enable the awakening of 7 dormant heart powers:

1. Heart Wisdom
2. Strength in Vulnerability
3. Freedom through Forgiveness
4. The Ability to Love
5. Emotional Transformation
6. Empowerment without Limits
7. Loving Yourself

Based on a book with the same title, the retreat will include two daily talks with Shai Tubali, simple yet powerful meditations and exercises, and physical practices which can support heart balancing and opening.

Shai Tubali is an international spiritual teacher, chakra expert and author. An initiate of the Yogic Nityananda tradition, he has been teaching continuously throughout Europe, Israel and India, for the past 18 years. He has guided many thousands in yearly schools, seminars, lectures and private sessions, on their way to inner freedom and self-development.

He is particularly renowned for his chakra expertise and yogic knowledge of the kundalini and the subtle body, but he has also created several methods for psychological and therapeutic purposes as well as meditation techniques.

As a part of his creative work in the field of personal development, he has developed a complete teaching and practice for heart healing, balancing and opening.

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 Shai's meditation and heart opening talks.



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

DAILY PROGRAM

Dec. 28th Arrival Day

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

Dec. 29th 2019 – Jan. 3rd 2020

7:45h - 9:00h Yoga with Petra
9:00h - 9:30h Short break with fruits & juice
9:30h - 11:00 h Session with Shai
11:00h - 12:30h Brunch
12:30h – 16:00h Time to enjoy
16:00h – 17:00 Restorative Afternoon Yoga with Petra
17:00 – 17:15 Short Break with tea and fruit
17:15 – 19:30 Session with Shai followed by a guided meditation
20:00h Dinner

Special Program on 31st December and 1st January

Jan. 4th Departure Day

7:45h - 9:45h Yoga with Petra & followed by Session with Shai
10:00h - 12:00h Brunch & Check out

PRICING

Early bird price- for reservations made **until Sept. 30th 2019**

Single room - 2545,00€

Shared room - 1845,00 € / person

For reservations made from **Oct. 1st 2019 onwards:**

Single room - 2645,00€

Shared room - 1945,00 € / person

What is included:

7 nights' accommodation at Cal Reiet Holistic Retreat

Vegetarian/Vegan Brunch & Dinner Buffet

Morning & afternoon meditation, yoga and pranayama classes

2 Sessions daily with Shai Tubali



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

Cal Reiet Rejuvenating & Recharge Juice Program for 6 days

Information packet with daily information, exercises and inspiration

5 juices per day

One superfood smoothie per day and Vegetable broth during the day

Coconut oil for daily oil pulling

Food & Informational support during the week

Tips and suggestions for following up your experience once you leave Cal Reiet

Price per person - 480,00€

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